

My Daily (Step 10) Personal Inventory

| CHARACTER DEFECTS to watch for: Check for each day for: SELF-WILL (Column 4) <i>NO POWER</i> | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---|------------|-------------|------------|--------------|------------|------------|------------|
| 1. Resentment | | | | | | | |
| 2. False Pride, Arrogance, Self-loathing | | | | | | | |
| 3. Envy | | | | | | | |
| 4. Jealousy, Distrust, Suspicion | | | | | | | |
| 5. Dishonesty, Lying, Exaggeration, Stealing | | | | | | | |
| 6. Selfishness, Self-Seeking, Self-Centeredness | | | | | | | |
| 7. Laziness, Sloth, Boredom | | | | | | | |
| 8. Inconsideration, Intolerance | | | | | | | |
| 9. Lust, Infidelity | | | | | | | |
| 10. Immoral Thinking, Vulgar Talk | | | | | | | |
| 11. Hate, Wrath, Anger, Irritability | | | | | | | |
| 12. Greed (money) or Gluttony (food) | | | | | | | |
| 13. Slander, Gossip, Spreading Rumors | | | | | | | |
| 14. Impatience | | | | | | | |
| 15. Fear of... | | | | | | | |
| ASSETS to strive for: Check for each day for: GOD'S WILL (Column 5) <i>POWER</i> | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 1. Forgiveness | | | | | | | |
| 2. Humility | | | | | | | |
| 3. Contentment | | | | | | | |
| 4. Trust | | | | | | | |
| 5. Honesty, Integrity | | | | | | | |
| 6. Unselfishness | | | | | | | |
| 7. Activity, Zeal, Promptness | | | | | | | |
| 8. Tolerance, Acceptance | | | | | | | |
| 9. Intimacy, Chaste | | | | | | | |
| 10. Purity | | | | | | | |
| 11. Love, Kindness | | | | | | | |
| 12. Generosity | | | | | | | |
| 13. Praise Others, Look For The Good In Others | | | | | | | |
| 14. Patience | | | | | | | |
| 15. Faith, Trust God | | | | | | | |