

**MORAL INVENTORY**

**BAD POINTS - Myself (Flaws - defects)**

**(Jealousies, resentments, selfishness, pride, gluttony, possessiveness, fear, greed, anger, frustraton, etc.)**

**Question yourself (Search deeply)**

**WHEN, WHAT, WHY AND HOW**

**WHEN** did this appear?

**WHAT** caused it?

**WHY** did I react this way?

**HOW** am I going to change the above Bad Points to Good Points?

**GOALS - Immediately - no later than the following day.**

**CARRY OUT THE ABOVE**

**BLESSINGS:**

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**GOOD POINTS** are the ones that you changed from the day before. They are only Good Points if you followed through on the change.