

Moral Inventory Guide

Challenge:

- ① What is my challenge (problem)?
- ② Why is it there?
- ③ What are its effects on myself and others?
- ④ What will happen if I don't change it?
- ⑤ What will happen if I do? How will it help me?
- ⑥ How am I going to change it (using the Steps, Signs, Serenity Prayer, and the STRAIGHT Thinking Criteria)?

Good Points:

~~a, b, c~~
~~I, II, III~~
~~IV, V~~
 d, e

What are some qualities I see that are good in myself?

(at least 3 ^{should not} be related to challenge)

What are some good things I did today?

Goals:

I, II, III
 IV

Some things I am going to do tomorrow that are in my best interest. (2 or 3 things)

Some goals from my challenge specifically for tomorrow. (at least one)

Blessing:

Some things I am thankful for.