Step 10 - My Daily Checklist

Developing a personal checklist is a great way to work Step Ten. Consider using the back of the page to journal some of your responses.

Some suggestions for a personal checklist might include:							
	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Am I using my recovery tools? A) Attend meetings? B)							
Practicing the steps? C) Recite Serenity Prayer/Step Prayers?							
D) Attend meetings? E) Recite Affirmations? F) Read Recovery							
literature? G) Journaling? H) Prayer & Meditation/Yoga? I)							
Connect with someone on the phone list?							
Have I completed what I said I would do today?							
Did I honor my feelings today?							
Did I communicate in a <i>healthy</i> way?							
If I let my codependent behavior take over today, what							
was that codependent behavior? -Review codependent							
patterns							
Did I let go of codependent behaviors such as trying to							
change or trying to control others? Steps 6 & 7							
Did I do some form of prayer or meditation? - Step 10							
Am I living my Higher Power's will? - See step 11							
Am I practicing gratitude?							
Am I getting enough sleep and rest? Recreation?							
Did I exercise today—take a walk, swim, or do any other							
self-care activities?							
Am I eating a healthy diet?							
Did I observe the positives and celebrate new behavior in							
my recovery?							
Am I taking care of myself?							
Add some of your own							
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Daily Self-Care Journal

Sunday:			
Monday:			
Tuesday:			
Wednesday:			
Thursday:			
Friday:			
Saturday:			