

DAILY INVENTORY

“Our next function
is to grow in
understanding and
effectiveness”

Were we resentful, selfish,
or self-seeking?

Fearful, dishonest,
or judgemental?

Did we harm anyone or
take advantage of them?

What can we do to put
things right?

“Love and tolerance of others
is our code”

~ ALCOHOLIC ANONYMOUS,
P. 84

KEEP THESE RESOURCES CLOSE



Talk to someone you trust.



Call your sponsor or
a fellowship member.



Read from the Big Book.



Visit aa.org



Alcoholics Anonymous
24/7: 212-870-3400



In a crisis, call or text
988 or call 911.



Take the first step
toward building a life
worth protecting.

LIVING IN

Recovery

*Small decisions, repeated
consistently, create
extraordinary change.*

Recovery isn't built in a single
decision.
It's built by making the next right
decision, again and again.

TODAY I CHOOSE...

- ☐ Honesty over denial.
- ☐ Acceptance over resistance.
- ☐ Responsibility over excuses.
- ☐ Gratitude over resentment.
- ☐ Integrity over comfort.
- ☐ Service over self-centeredness.
- ☐ Courage over fear.
- ☐ Faith over control.

BEFORE THE DAY ENDS...

- Am I making choices to become the person I want to be?
- What truth did I avoid today?
- Who did I help?
- What is my next right step?

*“What you practice
becomes who you are.”*



**UNCOVER
DISCOVER**
LLC

*Helping people build
lives worth protecting.*



703-679-7421



uncoverdiscovercoaching.com



Take the first step
toward building a
life worth protecting.