JUST FOR TODAY I will try to get a better perspective on my life.

Did I feel like I was a part of humanity today? ___________________ 
Did I allow myself to become obsessed by anything today? _______________ 
What spiritual principles have I been able to practice in my life today? ___________ 
Was the important thing in my life today staying clean? ___________________

JUST FOR TODAY I will be unafraid; my thoughts will be on my new associations · people who are not using and have found a new way of life. So long as I follow this way, I have nothing to fear.

Dear God, show me what I have done right and wrong today. Show me now I can better live and serve Thy
**LIVING THE PROGRAM**

*What Worked For Us: NA Daily Journal*

The purpose of this daily inventory is to keep track of **WHO WE ARE** and **WHAT WE ARE DOING** today.

Try to answer every question, every day. Keep your answers as simple and as honest as you can. If you miss a day, do not make it up later.

Limit your answers and concerns to the past twenty-four hours and complete the questions at the end of the day.

If you wish to share some of this journal, we suggest that you do so verbally.

Remember that a daily inventory is not a test; there are no right or wrong answers. Do not get upset if you could have done better or if you fail to live up to your expectations of yourself. Remember, this is a program of growth and recovery and if you are **clean** today, you are doing something right.

**JUST FOR TODAY** my thoughts will be on my recovery, living and enjoying life without the use of drugs.

- Am I clean today? _____________________________
- How have I acted differently? _____________________________
- Did my disease run my life today? ______ If so, how? _____________________________
- What did I do today that I wish I had not done? _____________________________
- What have I left undone that I wish I had done? _____________________________
- Was I good to myself today? _____ How? _____________________________
- Was today a good day? _______ Was I happy? _______ Was I serene? _______

**JUST FOR TODAY** I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

- Did I talk to my sponsor today? _____________________________
- Did I attend a meeting today? ______ Where? _____________________________
- Did I share my experiences, strengths and hopes? _____________________________
- Who are the people in my life that I trust today? _____________________________
- Who has trust in me today? _____________________________

**JUST FOR TODAY** I will have a program; I will try to follow it to the best of my ability.

- Did I read from our literature today? _____________________________
- What Steps did I consciously work? _____________________________
- Did I admit my powerlessness today? _____________________________
- Was I able to put my trust in my Higher Power today? _____________________________
- What did I learn about myself today? _____________________________

- Did I make any amends today? _______ Do I owe any? _____________________________
- Did I admit fault to anyone today? _____________________________
- Did I worry about yesterday or tomorrow? _____________________________
- Can I accept myself as I am today? _____________________________