

Journal Questions

1. Did I follow my plan for the day?
2. With whom did I spend most of my time?
3. Where did I spend most of my time?
4. What was the quality of the judgments I made today?
5. Did anything threaten my sobriety today?
6. What specific work did I do on my sobriety?
7. Was I honest in all my dealings?
8. Have I been fair in all my interactions with others?
9. Do I need to make amends?
10. What good things happened today & how did I react to them?
11. What do I feel I have accomplished today?
12. What would I have liked to do that I didn't do?
13. What would I do differently?