

# ONE DAY AT A TIME - THE BIG BOOK PROGRAM OF RECOVERY IN ACTION!

DAILY beginning on ( S M T W Th F S ) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

NAME: \_\_\_\_\_

	BIG BOOK	YESTERDAY	DAY #1	DAY #2	DAY #3	DAY #4	DAY #5	DAY #6	DAY #7
<b>UPON AWAKENING &amp; MORNING MEDITATION</b> <i>INSPIRATION</i>	Page	CHECK THOSE YOU DID GOOD							
Continue to work my spiritual program of action, day by day. ( <b>One Day at a Time!</b> )	99								
If circumstances warrant, I ask my wife or friends to join me in <b>meditation</b> .	87								
First, I ask God to <b>direct my thinking</b> , divorcing <b>self-pity</b> , <b>dishonest</b> or <b>self-seeking</b> motives.	86								
Then I <b>voice</b> a few <b>select</b> prayers; on my knees if ego permits. (See Big Book Original Manuscript)	87								
Actually take time to think about the <b>24 hours ahead</b> and <b>consider my plans for the day</b> .	86								
<b>Relax and take it easy</b> - ask God for <b>inspiration</b> , an <b>intuitive thought</b> or a <b>decision</b> .	86								
<b>Listen</b> for the <b>right answers?</b> (Answers will come after I have tried this for a while.)	86								
Ask Him to <b>show me the way</b> of patience, tolerance, kindness and love with <b>my family</b> .	83								
Ask Him what <b>can I do today</b> for the man who is <b>still sick</b> ? Then I <b>try my best</b> to do it.	164								
End with a <b>prayer</b> that today He show me what to do next and He provide what we need to do it.	87								
Ask especially for <b>freedom</b> from <b>self-will</b> and be careful to make <b>NO</b> request for <b>myself only</b> .	87								
<b>DURING THE DAY</b> <i>ACTION</i>	Page	CHECK THOSE YOU DID GOOD							
Remember <b>all day</b> , <b>faith</b> has to <b>work</b> twenty-four hours a day in and through me, or I perish.	16								
Follow my " <b>plan for the day</b> "? (I will not add, omit or change my plans unless so directed by Him!)									
Continue to take personal inventory and I <b>set right</b> any <b>new mistakes</b> along the way.	84								
Watch for <b>selfishness</b> , <b>dishonesty</b> , <b>resentment</b> , and <b>fear</b> ? (What did I see?)	84								
Then I ask God to remove it, talk about it, make amends, and <b>try to help someone</b> .	84								
<b>Love and tolerance</b> is my code. My new <b>goal</b> is to <b>not fight</b> anything or anyone. (How did I do?)	84								
I will not let up on the <b>spiritual program</b> of <b>action</b> and rest on my laurels, or I'll be in trouble.	85								
Seek my <b>daily reprieve</b> (stay of execution) by maintaining a <b>fit spiritual condition</b> .	85								
Direct my <b>will power</b> to try to carry the <b>vision of God's will</b> into <b>all my activities</b> .	85								
Say many times (hourly?): " <b>How can I best serve Thee - Thy will (not mine) be done!</b> "	85								
Be available to <b>help others</b> and act the Good Samaritan every day, whenever I am needed.	86								
<b>Pause</b> , when agitated or doubtful, and <b>ask Him</b> for the <b>right thought</b> or <b>action</b> . (Then do it!)	87								
Constantly remind myself <b>I am no longer running the show</b> ; repeating " <b>Thy will be done!</b> "	87								
Put my life in <b>God's hands</b> , and <b>help the new man</b> along the path of spiritual progress.	100								
<b>WHEN WE RETIRE AT NIGHT</b> <i>REFLECTION</i>	Page	CHECK THOSE YOU DID GOOD							
Where was I <b>resentful</b> , <b>selfish</b> , <b>dishonest</b> or <b>afraid</b> today? Do I owe an apology? (Did I make it?)	86								
Have I <b>kept something to myself</b> which possibly should be shared? (Discuss it now, ok?)	86								
Was I <b>kind</b> and <b>loving</b> toward <b>all</b> ? (What could I have done better today?)	86								
Was I mostly thinking of what <b>I could do for others</b> ? (Or was I thinking mostly of myself?)	86								
After my review, ask God what <b>corrective measures</b> should be taken. (Then do it!)	86								
Think about the next 24 hours and have <b>plans</b> to "consider" upon awakening. (Discuss with someone?)									
<b>DAILY TOTALS</b>									
<i>PROGRESS NOT PERFECTION</i>									

"We are often surprised how the right answers come after we have tried this for a while." (p.86)

"We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works - it really does." (p.88)