

## Living the Programme

### 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 programme 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 NA 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 programme. 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? \_\_\_\_\_  
\_\_\_\_\_

***Just for today, through NA, I will try to get a better perspective on my life.***

Did I feel like I was part of humanity today? \_\_\_\_\_  
\_\_\_\_\_

Did I allow myself to become obsessed by anything today? \_\_\_\_\_  
\_\_\_\_\_

What has God given me to be grateful for today? \_\_\_\_\_  
\_\_\_\_\_

Have I done anything to cause harm to myself or to another today? \_\_\_\_\_  
\_\_\_\_\_

If so, what? \_\_\_\_\_  
\_\_\_\_\_

Am I willing to change today? \_\_\_\_\_  
\_\_\_\_\_

Did I pray or meditate today? \_\_\_\_\_  
\_\_\_\_\_

How did this affect my life? \_\_\_\_\_  
\_\_\_\_\_

What spiritual principles have I been able to practice in my life today? \_\_\_\_\_  
\_\_\_\_\_

Was the most 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 that way,  
I have nothing to fear.***

Have I given of myself today without expect-  
ing anything in return? \_\_\_\_\_

\_\_\_\_\_

Was there fear in my life today? \_\_\_\_\_

\_\_\_\_\_

Did I feel intense joy or pain? \_\_\_\_\_

\_\_\_\_\_

Did I call or visit someone in the programme  
today? \_\_\_\_\_

\_\_\_\_\_

Did I pray for the well-being of another  
today? \_\_\_\_\_

\_\_\_\_\_

Was I happy today? \_\_\_\_\_

\_\_\_\_\_

Have I been peaceful today? \_\_\_\_\_

\_\_\_\_\_

Did I consciously remember that I have a  
choice today? \_\_\_\_\_

\_\_\_\_\_

**Dear God,  
show me what I have done  
right and wrong today.  
Show me how I can better live  
and serve your will tomorrow.**

## NOTES

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**UK Service Office  
Derby House  
12 Winckley Square  
Preston PR1 3JJ  
Tel. 020-7251 4007**

**UK National Helpline  
Tel. 0300 999 1212**

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World Service Office  
PO Box 9999  
Van Nuys, CA 91409 USA  
T 818.773.9999  
F 818.700.0700  
Website: www.na.org

World Service Office—CANADA  
Mississauga, Ontario

World Service Office—EUROPE  
Brussels, Belgium  
T +32/2/646 6012

World Service Office—IRAN  
Tehran, Iran  
www.wsoiran.org



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