

# Step 11 Review Worksheet

## Morning Meditation

Thank you for this new day. All power is Yours. I breathe rather than react. I do not try to manage anything or anyone. There is something only I can accomplish today. You, H, really believe in me. Thank You for trusting me with this day.

On awakening, think about the 24 hours ahead. Consider my plans for the day. Before I begin, ask H to direct my thinking, especially asking that it be divorced from self-pity, selfish, dishonest, or self-seeking motives.

### Gratitude

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### What I like about myself

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### To keep in mind today

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

In thinking about my day I may face indecision. Here I ask H for inspiration, and intuitive thought, or a decision. I relax and take it easy. I don't struggle.

What can I do for those who still suffer? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Conclude the period of mediation with a prayer that I be shown all through the day what my next step is to be, that I be given whatever I need to take care of such problems. Ask especially for freedom from self-will, and I am careful to make no requests for myself only. I may ask for myself, however, if others will be helped.

Steps 1, 2, and 3.

H, please allow my blessings before and after I eat be with proper intent. May this food be nourishing, conducive to good health, spiritually revitalize my soul and strengthen me to seek and serve You with love and joy.

As I go through the day I pause when agitated or doubtful, and ask for the right thought or action. Constantly reminding myself that I am not running the show, humbly saying many times each day "Thy will be done".

My Creator, I ask that You show me the way of patience, tolerance, kindness and love.

If a person offends: this is a sick man. How can I be helpful to him? H save me from being angry. Thy will be done.

\_\_\_\_\_

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## Evening Meditation

When I retire at night, we constructively review my day. Was I:  
Resentful \_\_\_\_\_  
\_\_\_\_\_

Selfish \_\_\_\_\_  
\_\_\_\_\_

Dishonest \_\_\_\_\_  
\_\_\_\_\_

Afraid (not getting what we want; losing what I have; being found out) \_\_\_\_\_  
\_\_\_\_\_

Do I owe an apology \_\_\_\_\_  
\_\_\_\_\_

Have I kept something to myself which should be discussed with another person at once \_\_\_\_\_  
\_\_\_\_\_

Was I kind and loving toward all \_\_\_\_\_  
\_\_\_\_\_

What could I have done better \_\_\_\_\_  
\_\_\_\_\_

Was I thinking of myself most of the time \_\_\_\_\_  
\_\_\_\_\_

Was I thinking what I could do for others, of what I could pack into the stream of life \_\_\_\_\_  
\_\_\_\_\_

Do not to fall into worry, remorse or morbid reflection, for that would diminish my usefulness to others.  
  
After making this review, ask H's forgiveness and inquire what corrective measures should be taken. Ask Him to remove my defects because they block me from Him and from being of maximum service to Him, my family and others.

Ask H to remove my fears and to direct my attention to what He would have me be \_\_\_\_\_  
\_\_\_\_\_

H, I ask that everything I want for myself be given to \_\_\_\_\_  
I ask for their health, prosperity and happiness (p.552)

H, I pray that You  
Grant me freedom from \_\_\_\_\_ And replace it with \_\_\_\_\_  
Grant me freedom from \_\_\_\_\_ And replace it with \_\_\_\_\_  
Grant me freedom from \_\_\_\_\_ And replace it with \_\_\_\_\_  
Grant me freedom from \_\_\_\_\_ And replace it with \_\_\_\_\_  
Grant me freedom from \_\_\_\_\_ And replace it with \_\_\_\_\_

## Step 11 Review Worksheet

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This page has intentionally been left blank. It may be used for daily reading and writing or additional writing on your 11<sup>th</sup> step.