

A.A. Grapevine Volume 3 Issue 1 June 1946

Daily Moral Inventory Mail Call for All A.A.s at Home Or Abroad

Enclosed you will find a little card ... to make that moral inventory with regularity.

Mark W., Jackson, Mississippi

My Daily Moral Inventory [Day____] Month____ Year____

Check Results DAILY in Proper Column

ASSETS* Strive for –

LIABILITIES* Watch for –

[* Which traits work and do not work to give me serenity and peace of mind?]

-Self forgetfulness [self-forgetting]

-Self pity

-Humility

-Self justification [self-centered]

-Modesty

-Self importance [selfish]

-Self valuation

-Self condemnation

-Honesty

-Dishonesty

-Patience

-Impatience

-Love [courage]

-Hate [fear]

-Forgiveness [avoid retaliation]

-Resentment

-Simplicity

-False Pride

-Trust

-Jealousy

-Generosity

-Envy

-Activity

-Laziness

-Promptness

-Procrastination

-Straightforwardness

-Insincerity

-Positive thinking

-Negative thinking

-High-minded, spiritual, clean thinking

-Vulgar, immoral, trashy think

-Look for the good

-Criticizing

-Eliminate the negative

-Accentuate the positive.

CHECK THE SCORE EVERY NIGHT – TRY TO GET THE SLATE CLEAN