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 program 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 program; 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 a 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 expecting 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 program 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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_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________