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 done? | n I had not |

| What have I left undone that I wish I had done? | Just for today, I will have a programme. I will try to follow it to the best of my ability. |
|--|---|
| Was I good to myself today? | Did I read from our literature today? |
| How? | What steps did I consciously work? |
| Was today a good day? | |
| Was I happy? | Did I admit my powerlessness today? |
| Was I serene? | Was I able to put my trust in my Higher Power today? |
| Just for today, I will have faith in someone in NA who believes in me and wants to help me in my recovery. | What did I learn about myself today? |
| Did I talk to my sponsor today? | Did I make any amends today? |
| Did I attend a meeting today? | Do I owe any? |
| Where? | |
| | Did I admit fault to anyone today? |
| Did I share my experiences, strengths, and hopes? | Did I worry about yesterday or tomorrow? |
| Who are the people in my life that I trust today? | |
| Who has trust in me today? | Can I accept myself as I am today? |
| | |

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

| | allow myself to become obsessed by ng today? |
|----------|--|
| | has God given me to be grateful for |
| Have I | done anything to cause harm to myto another today? |
| If so, v | vhat? |
| Am I v | villing to change today? |
| Did I p | oray or meditate today? |
| How o | lid this affect my life? |
| | spiritual principles have I been able to ce in my life today? |
| | ne most important thing in my life to- aying 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 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.

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This is a translation of NA Fellowship-approved literature.

Narcotics Anonymous, O, O, and The NA Way







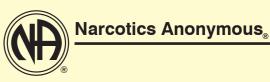
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