

As we trudge together to the 4th Dimension

THE4THDIMENSION.CA

Morning Checklist

Use a dry erase marker

- ☐ Turn your mind to God.
- ☐ Read something spiritual.
- ☐ Think about it.

Pause. Take a deep breath, let it out slowly.

Out loud, say:

- ☐ "God, please help me be consciously aware of you, now, and through the whole day."
- ☐ "God, please remind me to Pause, Pray and Listen before making decisions and when I am disturbed."
- ☐ "God, please release me from the bondage of self."
- ☐ "God, please help me restrain keyboard, pen, and tongue."

Pause. Take a deep breath, let it out slowly.

- ☐ Consider your day ahead — each meeting, call and activity.
 - ☐ What are your motives?
 - ☐ Are there going to be difficult conversations?
 - ☐ Are you afraid of anything coming up today?
 - ☐ Do you have enough time to accomplish it all?

Pause. Take a deep breath, let it out slowly.

- ☐ "My purpose today is to improve my conscious contact with God at all times, seeking His will for me and the power to carry it out."

Pause. Take a deep breath, let it out slowly.

- ☐ Pray on your knees. "God, I will need some help today."

These worksheets can be found
on the4thdimension.ca together
with other recovery materials that
thousands have found useful.

