

As we trudge together to the 4th Dimension

THE4THDIMENSION.CA

Evening Checklist

Use a dry erase marker

☐ Turn your mind to God.

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

☐ Remind yourself of what you did today.

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

Answer the following questions:

Did I serve others or only myself? Y / N

Did I spend the day in worry, remorse, or morbid reflection? Y / N

Did I control my appetites and urges? Y / N

Was I resentful, with feelings of bitter indignation for perceived wrongs or harms done to me? Y / N

Was there anyone who irritated me? Y / N

Was I honest with myself in all my affairs? Y / N

Was I childish and grandiose? Y / N

Did I gossip? Y / N

Was I consciously in contact with God? Y / N

Was I selfish or self-centred? Y / N

Do I owe an apology to anyone? Y / N

Do I need to talk to someone about anything that happened today? Y / N

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

☐ What could I have done better?

☐ Read a passage from a spiritual reading.

☐ Prayer on your knees. "God, thanks for your help today."

Everyone is reading GEMS, Meditations
on Alcoholism & Recovery and
Volume II, More GEMS, available at
bookstores and the4thdimension.ca

