

As we trudge together to the 4th Dimension

THE4THDIMENSION.CA

Morning Checklist

- 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.



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Evening Checklist

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."

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