

Plan of eating: **Today, extra food is no option**

Date:

Breakfast

Lunch

Dinner

**Gratitudes: A grateful heart doesn't overeat**

Today I thank God for:

1. my abstinence

2.

3.

4.

5.

**Meeting attended:**

Today I phoned:

1. **Sponsor**

2.

3.

4.

**Writing for Today:**

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**Steps 1-3:** *Who am I and what am I doing? I am a food addict and I want to recover. To that end my job today is to trust God, clean house and help others. I am powerless over food and my life was unmanageable until I came to believe that a power greater than myself could restore me to sanity. Today \_\_\_\_\_ I humbly turn my will (my thinking) and my life (my actions) over to the care and protection of my Higher Power.*

**3rd Step Prayer** (p. 63) *God I offer myself to Thee to build with me and to do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!*

**7th Step Prayer** (p. 76) *My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you & my fellows. Grant me strength as I go from here to do your bidding. Amen.*

**The Serenity Prayer:** *God grant me the serenity to accept the things I cannot change, Courage to change the things I can, and the wisdom to know the difference*

**10th Step inventory:** Nightly Review (Big Book p. 86): When we retire at night we constructively review our day, were we...  
Resentful? \_\_\_ Selfish? \_\_\_ Self Seeking: \_\_\_ Jealous? \_\_\_ Dishonest? \_\_\_

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Was I Afraid...  of losing something I have  of not getting what I want  of being found out

Do I owe an apology?

Have I kept something to myself which should be discussed with another person at once?

Was I irritable, restless or discontent?

Was I kind and loving toward all?

Was I thinking of myself most of the time?

What did I do for others, what did I pack into the stream of life?

What could I have done better?

Freedom from Bondage:

G-d I take this time to become quiet, and pray for \_\_\_\_\_

I pray for \_\_\_\_\_ to have all that I wish for myself:

Good Health, A Loving Family, protection over his/her loved ones,

Peaceful moments and the inner knowing that he/she is good and enough.

I pray that you help me change my thinking about \_\_\_\_\_ and become more grateful to him/her for coming into my life as a teacher.

To help me grow closer to you, and thus enlarge my spiritual life.

Please help me to remember that:

Just like me \_\_\_\_\_ is seeking some happiness for his/her life.

Just like me \_\_\_\_\_ is trying to avoid suffering in his/her life.

Just like me \_\_\_\_\_ has know sadness, loneliness and despair.

Just like me \_\_\_\_\_ is seeking to fulfill his or her needs.

Just like me \_\_\_\_\_ is learning about life.

Dear God please help those who still suffer, in and outside the rooms, including: (names go here)

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Intention for today: 11th Step Prayer

“O Lord, make me an instrument of Thy Peace!

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is discord, harmony.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sorrow, joy.

Oh Divine Master, grant that I may not

so much seek to be consoled as to console;

to be understood as to understand;

to be loved as to love;

for it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to Eternal Life.”