

[Daily OA 10th Step Inventory Link](#)

***This resource is a good tool for 10th Step Meetings and general 10th step work.**

Week of: _____

Inventory List/Days Did I...?	Monday Abstinent? Y/N:	Tuesday Abstinent? Y/N:	Wednesday Abstinent? Y/N:	Thursday Abstinent? Y/N:	Friday Abstinent? Y/N:	Saturday Abstinent? Y/N:	Sunday Abstinent? Y/N:
Reach out to others? Apologize?							
Do something for someone else?							
Kind and loving to all?							
Connect to God through meditation and prayer?							
Selfish/self-seeking/thinking of self most of the time?							
Resentment/Jealous?							
Dishonest?							
Afraid of...?: Not getting what I want/being found out/losing what I have							
Irritable/restless/discontent?							

How can I improve? 😊	Good Things 😊
Monday-_____	Monday-_____
Tuesday-_____	Tuesday-_____
Wednesday-_____	Wednesday-_____
Thursday-_____	Thursday-_____
Friday-_____	Friday-_____
Saturday-_____	Saturday-_____
Sunday-_____	Sunday-_____

*This sheet can be laminated or placed in a sheet protector for weekly use. Use a wet or dry erase marker to reuse.