

Moral Inventory Guide

Challenge:

What is my challenge (problem)?

Why is it there?

What are its effects on myself and others?

What will happen if I don't change it?

What will happen if I do? How will it help me?

How am I going to change it (using the Steps, Signs, Serenity Prayer, and the STRAIGHT Thinking Criteria)?

Good Points:

What are some qualities I see that are good in myself?

What are some good things I did today?

Goals:

Some things I am going to do tomorrow that are in my best interest.

Some goals from my challenge specifically for tomorrow.

Blessing:

Some things I am thankful for.