**Step 10 - My Daily Checklist**

Developing a personal checklist is a great way to work Step Ten. ***Consider using the back of the page to journal some of your responses.***

**Some suggestions for a personal checklist might include:**

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|  | **Sun.** | **Mon.** | **Tue.** | **Wed.** | **Thu.** | **Fri.** | **Sat.** |
| Am I using my recovery tools? **A)** Attend meetings? **B)** Practicing the steps? **C)** *Recite Serenity Prayer/Step Prayers?*  **D)** Attend meetings? **E)** Recite Affirmations? **F)** Read Recovery literature? **G)** Journaling? **H)** Prayer & Meditation/Yoga?  **I)** Connect with someone on the phone list? |  |  |  |  |  |  |  |
| Have I completed what I said I would do today? |  |  |  |  |  |  |  |
| Did I honor my feelings today? |  |  |  |  |  |  |  |
| Did I communicate in a *healthy* way? |  |  |  |  |  |  |  |
| If I let my codependent behavior take over today, what was that codependent behavior?  *-Review codependent patterns* |  |  |  |  |  |  |  |
| Did I let go of codependent behaviors such as trying to change or trying to control others? **Steps 6 & 7** |  |  |  |  |  |  |  |
| Did I do some form of prayer or meditation? - **Step 10** |  |  |  |  |  |  |  |
| Am I living my Higher Power's will? - **See step 11** |  |  |  |  |  |  |  |
| Am I practicing gratitude? |  |  |  |  |  |  |  |
| Am I getting enough sleep and rest? Recreation? |  |  |  |  |  |  |  |
| Did I exercise today—take a walk, swim, or do any other self-care activities? |  |  |  |  |  |  |  |
| Am I eating a healthy diet? |  |  |  |  |  |  |  |
| Did I observe the positives and celebrate new behavior in my recovery? |  |  |  |  |  |  |  |
| ***Am I taking care of myself?*** |  |  |  |  |  |  |  |
| *Add some of your own…* |  |  |  |  |  |  |  |
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**Daily Self-Care Journal**

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