



I.P. No. 9

NARCOTICS ANONYMOUSTM

LIVING THE PROGRAM

©Copyright 1983 by
World Service Office, Inc.
P.O. Box 9999
Van Nuys, CA U.S.A. 91409
All rights reserved

LIVING THE PROGRAM

What Worked for Us: N.A. Daily Journal

The purpose of this daily inventory is to keep track of *who we are* and *what we are doing*—today.

Try to answer every question, every day. Keep your answers as simple and as honest as you can. If you miss a day, do not make it up later.

Limit your answers and concerns to the past twenty-four hours and complete the questions at the end of the day.

If you wish to share some of this journal, we suggest that you do so verbally.

Remember that a daily inventory is not a test; there are no right or wrong answers. Do not get upset if you could have done better or if you fail to live up to your expectations of yourself. Remember, this is a program of growth and recovery and if you are clean today, you are doing something right.

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Am I clean today?_____

How have I acted differently?_____

Did my disease run my life today?
If so, how?_____

What did I do today that I wish I had not done?_____

What have I left undone that I wish I had done?_____

Was I good to myself today?_____
How?_____

Was today a good day?_____

Was I happy?_____

Was I serene?_____

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

Did I talk to my sponsor today?_____

Did I attend a meeting today?_____

Where?_____

Did I share my experiences strengths and hopes?_____

Who are the people in my life that I trust today?_____

Who has trust in me today?_____

JUST FOR TODAY I will have a program; I will try to follow it to the best of my ability.

Did I read from our literature today?_____

What steps did I consciously work?_____

Did I admit my powerlessness today?_____

Was I able to put my trust in my Higher Power today?_____

What did I learn about myself today?_____

Did I make any amends today?_____

Do I owe any?_____

Did I admit fault to anyone today?_____

Did I worry about yesterday or tomorrow?_____

Can I accept myself as I am today?_____

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

Did I feel like I was a part of humanity today?_____

Did I allow myself to become
obsessed by anything today?_____

What has God given me to be
grateful for today?_____

Have I done anything to cause
harm to myself or to another
today?_____

If so what?_____

Am I willing to change today?_____

Did I pray or meditate today?

How did this affect my life?_____

What spiritual principles have I
been able to practice in my life
today?_____

Was the most important thing in
my life today is staying clean?_____

JUST FOR TODAY I will be
unafraid; my thoughts will be on
my new associations—people
who are not using and have
found a new way of life. So long
as I follow this way, I have noth-
ing to fear.

Have I given of myself today with-
out expecting anything in return?

Was there fear in my life today?____

Did I feel intense joy or pain?_____

Did I call or visit someone in the
program today?_____

Did I pray for the well-being of
another today?_____

Was I happy today?_____

Have I been peaceful today?_____

Did I consciously remember that
I have a choice today?_____

Dear God, show me what I have
done right and wrong today.
Show me how I can better live
and serve Thy will tomorrow.



This is N.A.
Conference-approved literature.

ISBN No. 1-55776-016-0