

# A daily moral inventory

From an old 1940s pamphlet  
Title unknown

Plus some humour

Made available by

Monday step study AA Group Newbury

# A valuable aid in our step 10 inventory taking...

## DAILY MORAL INVENTORY

### **Liabilities**

#### *Watch for*

Self pity  
Self justification  
Self importance  
Self Condemnation  
Dishonesty  
Impatience  
Hate  
Resentment  
False pride  
Jealousy  
Envy  
Laziness  
Procrastination  
Insincerity  
Negative thinking  
Vulgar, immoral  
Fear  
Trashy thinking  
Criticizing

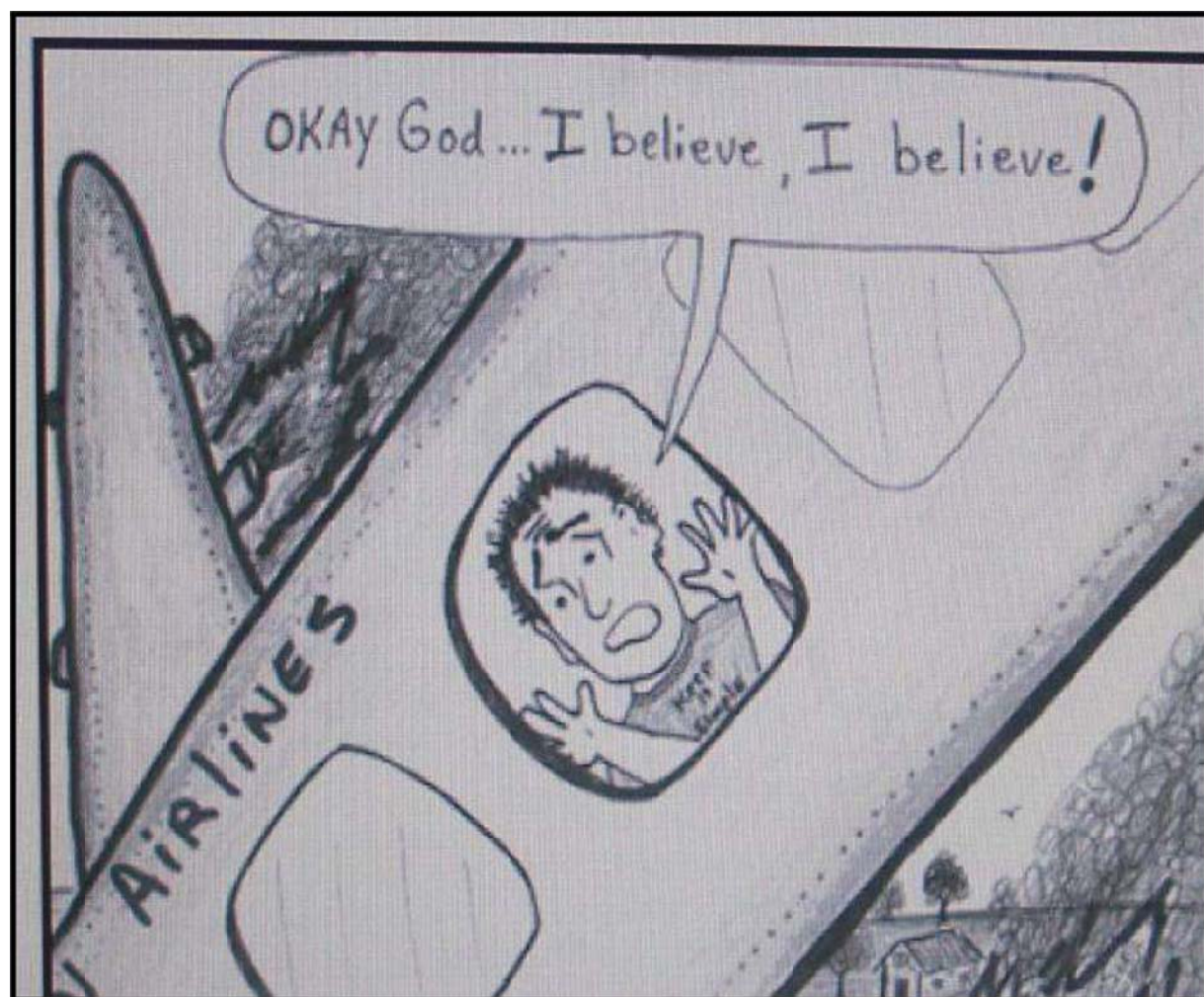
### **Assets**

#### *strive for*

self forgetfulness  
humility  
modesty  
Self valuation  
honesty  
patience  
love  
forgiveness  
simplicity  
Trust  
Generosity  
activity  
promptness  
straightforward  
positive thinking  
high minded, spiritual  
courage  
clean thinking  
Look for the good

*Eliminate the negative*

*accentuate the positive*



Who-oo-me?



"IF THIS BOTTLE  
APPEARS TO BE HALF-  
FULL - YOU'RE AN OPTIMIST,  
IF HALF EMPTY, YOU'RE  
A PESSIMIST. - IF IT NO  
LONGER MATTERS -  
YOU'RE ON THE AA-  
PROGRAMME."



"Do you have a card that stops short  
of saying 'I'm sorry' yet vaguely hints of  
some wrongdoing?"