

# DAILY INVENTORY

When we retire at night, we constructively review our day.  
Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF-WILL	OR	PERSONALITY CHARACTERISTICS OF GOD'S WILL
Selfish and Self-Seeking	OR	Interest in Others
Dishonest	OR	Honest
Frightened	OR	Courage
Inconsiderate	OR	Considerate
Prideful	OR	Humility-Seek God's Will
Greedy	OR	Giving and Sharing
Lustful	OR	Doing for Others
Anger	OR	Calm
Envy	OR	Grateful
Sloth	OR	Take Action
Gluttony	OR	Moderation
Impatient	OR	Patience
Intolerant	OR	Tolerance
Resentment	OR	Forgiveness
Hate	OR	Love & Concern for Others
Harmful Acts	OR	Good Deeds
Self-Pity	OR	Self-Forgiveness
Self-Justification	OR	Humility-Seek God's Will
Self Importance	OR	Modesty
Self-Condemnation	OR	Self-Forgiveness
Suspicion	OR	Trust
Doubt	OR	Faith
HOW DO YOU FEEL?		HOW DO YOU FEEL?
Restless, Irritable, Guilt, Shame, Discontent	OR	Peaceful, Serene, Loving, Content

## Prayer of St Francis of Assisi

Lord, make me a channel of thy peace  
 that where there is hatred, I may bring love  
 that where there is wrong, I may bring the spirit of forgiveness  
 that where there is discord, I may bring harmony  
 that where there is error, I may bring truth  
 that where there is doubt, I may bring faith  
 that where there is despair, I may bring hope  
 that where there is shadows, I may bring light  
 that where there is sadness, I may bring joy

Lord, grant that I may seek rather to comfort, than to be Comforted  
 to understand, than to be understood  
 to love, than to be loved

For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life.

Amen