

Daily Plan & Writing

Plan of eating: Today, extra food is no option.		Date:	
Breakfast	Lunch	Dinner	Metabolic/Snack

Water: W W W W W W W W W W		Movement/Exercise:	
Gratitudes: a grateful heart doesn't overeat Today, I thank God for: 1. 2. 3. 4. 5.		Meeting(s) attended today:	
		Today I phoned: 1. Sponsor 2. 3. 4.	

Writing for Today: based on reading page(s) _____ in (source) _____.

Who am I and what am I doing? I am a food addict and I want to recover. To that end my job today is to trust God, clean house and help others. I am powerless over food and my life was unmanageable until I came to believe that a power greater than myself could restore me to sanity. Today I humbly turn my will (my thinking) and my life (my actions) over to the care and protection of my Higher Power.

Third Step Prayer: God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do They will always!

Seventh Step Prayer: My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen.

Daily Review

Nightly Review (Big Book p. 86):

Resentful? _____

Selfish? _____

Dishonest? _____

Jealous? _____

Fearful? (1. of losing something; 2. of not getting what I want; 3. of being found out) _____

Do I owe an apology? _____

Was I irritable, restless, or discontent? _____

Was I kind and loving toward all? _____

Was I thinking of myself most of the time, or of what I could do for others? _____

What did I do for others? _____

What could I have done better? _____

Freedom from bondage prayer: *God, I pray for the health, prosperity, happiness and well-being of (name goes here:) _____ - all the things I pray for myself. I pray also for:*

- freedom from _____ please replace it with _____
- freedom from _____ please replace it with _____
- freedom from _____ please replace it with _____
- freedom from _____ please replace it with _____

11th Step Prayer

“O Lord, make me an instrument of Thy Peace!

*Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is discord, harmony.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sorrow, joy.*

*Oh Divine Master, grant that I may not
so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love;
for it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to Eternal Life.”*

*Dear God, please help those who still suffer,
in and outside the rooms, including (names go here).*

SHORTCOMINGS AND DEFECTS

- | | |
|----------------------------|------------------------------|
| Self-will: | God's Will: |
| Selfishness & Self-seeking | Interest in Others/Altruism |
| Being Self-centered | Being Love- & God-centered |
| Dishonesty | Honesty |
| Fears | Faith & Trust in God |
| Being Inconsiderate | Being Considerate |
| Pride | Humility, Seeking God's Will |
| Greed | Giving & Sharing |
| Lustful Thoughts | Respectful Thoughts |
| Anger | Serenity |
| Envy | Being Grateful |
| Sloth/Procrastination | Taking Right Action |
| Gluttony | Moderation |
| Impatience | Patience |
| Intolerance | Tolerance |
| Resentment | Forgiveness |
| Hate | Love & Concern for Others |
| Harmful Acts | Good Deeds |
| Self-pity | Self-forgetfulness |
| Self-justification | Humility & Truth |
| Self-importance | Modesty |
| Self-condemnation | Self-forgiveness |
| Suspicion/Jealousy | Trust |
| Doubt | Faith & Trust in God |

Review both columns above and make note those which had an impact in your day's activities. Describe the **effects produced** as the result of the actions you took (or failed to take) in relation to these traits.