

DAILY REVIEW

DATE:

The Twelve Nightly Review Questions (86:1)	Chronology of today's events:
1. How was I resentful?	
2. How was I selfish (i.e. egotistical, self-seeking)?	
3. How was I dishonest?	
4. How was I afraid?	
5. Do I owe an apology?	Who did I help today?
6. What have I wrongly kept secret?	What did I accomplish today?
7. Was I unkind (i.e. cruel, harsh, unfeeling)?	
8. Was I unloving (i.e. cold, unresponsive, indifferent)?	
9. What could have done better?	What am I grateful for today?
10. Was I thinking of myself most the time?	
11. Was I thinking of what I could do for others?	Who needs my prayers today?
12. Was I thinking of what I could pack into the stream of life?	

But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.

***A Nightly Review Prayer:*** “G-d, please forgive me for my failings today. I know that because of my failings, I was not able to be effective as I could have been for you. Please forgive me and help me to live your will better tomorrow. Creator, I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Creator show me how to make my relationships right and grant me the humility and strength to do your will.” (86:1)

Reflection of the Day (Character Defect):
Phone Calls:
G-d's will for me today:

