



This FREE RESOURCE is provided by The Lighthouse.  
 The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

## Daily Inventory Sheet

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Self Pity																															
Self Justification																															
Self Criticism																															
Impatience																															
Dishonesty																															
Hate																															
Resentment																															
False Pride																															
Jealousy																															
Envy																															
Laziness																															
Procrastination																															
Insincerity																															
Thinking Errors																															
Immoral Thoughts																															
Criticizing																															
Manipulation																															

*Instructions:* This inventory is designed for you to take once each day. Check each behavior daily and add your own in the blanks below. Rate yourself on a scale from 1-10 with one being the lowest negative score possible and 10 being the highest positive score possible. If you score low in any particular area, write down some ways that you could improve that area the following day. Be sure to discuss and process this daily inventory with your support network. Your support network may see patterns that need to be identified. Be honest with yourself, because if you are, a daily inventory can be a powerful tool to help you in your recovery process.