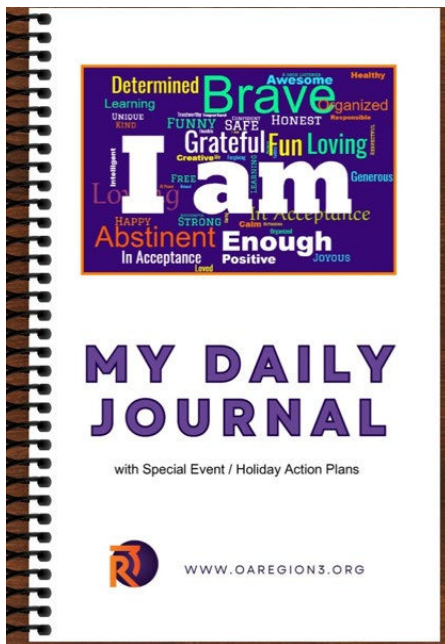


Region 3 Daily Journal is NOW Available



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Morning Plan: S M T W Th F S Date: _____

Plan of eating: Today, extra food is not an option

Water: ● ● ● ● ● ● ● ●

Breakfast: _____

Lunch: _____

Snack: _____

Dinner: _____

Outreach calls I plan to make today: _____

What will I do for my recovery today: _____

Daily Writing Source: _____ Pages: _____

Gratitude: Today, I thank God for:

1. Abstinence

2. _____

3. _____

4. _____

5. _____

Something I like about myself:

Something to keep in mind today:

Evening Review: (or anytime as the need arises)

Take a moment and review the Morning Plan, how did I do following the plan?

How did I exercise my mental, physical and spiritual being today?

Today, was I: (if yes, describe)

Resentful? _____

Selfish? _____

Dishonest? _____

Jealous? _____

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

Irritable, restless or discontent? _____

Was I kind and loving toward all? _____

Do I owe an apology? _____

What did I do for others? _____

What could I have done better? _____

What can I celebrate today? _____

Do I have a secret I am afraid to share? _____

Freedom from bondage prayer: Refer to "Self Will * God's Will" chart on last page:

Grant me freedom from _____ and replace it with _____

Grant me freedom from _____ and replace it with _____

God, I pray for the health, prosperity, happiness and well-being of: _____

All the things I pray for myself, I pray also for: _____

View a sample of the daily pages.

Also included in the journal are special occasion and holiday action plan pages.

Contact Info:

R3treasurer@oaregion3.org

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