

|Today's Date

## Daily Inventory

Rate yourself daily on each of these dimensions.  
 Place a check mark in the box that most closely describes where you were today in your progress toward the column with positive characteristics

Working to eliminate						Working to Increase
Self-pity						Self-forgiveness
Self justification						Humility
Self importance						Modesty
Self-condemnation						Self-Validation
Dishonesty						Honesty
Impatience						Patience
Hate						Love
Resentment						Forgiveness
False Pride						Simplicity
Jealousy						Trust
Envy						Generosity
Laziness						Activity
Procrastination						Promptness
Insincerity						Straightforwardness
Negative Thinking						Positive Thinking
Vulgar/Trashy Thinking						Clean Thinking
Criticizing						Looking for the good