

**Step 11 (24 Hour Program)**  
**As Found in the Big Book Pages 86-88**

**When We Retire At Night:**

- We constructively review our day. Were we resentful?
- Were we Selfish?
- Were we Dishonest?
- Were we Afraid?
- Do we owe an apology?
- Have we kept something to ourselves that should be discussed with another person at once?
- Were we kind and loving toward all?
- What could we have done better?
- Were we thinking of ourselves most of the time?
- Or were we thinking of what we could do for others, of what we could pack into the stream of life?
- After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

**On Awakening:**

- Let us think about the twenty-four hours ahead
- We consider our plans for the day
- Before we begin, we ask God to direct our thinking
- Especially asking that our thinking be divorced from self-pity, dishonest or self-seeking motives
- In thinking about our day, we may face indecision. Here we ask God for inspiration, an intuitive thought or decision
- We relax and take it easy. We don't struggle
- We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems, we ask especially for freedom from self-will. We are careful not to pray for our own selfish ends
- If circumstances warrant, we ask our wives or friends to join us in morning meditation
- We sometimes select a few set prayers that emphasize the principles we have been discussing
- There are many helpful books also, suggestions about these may be obtained by one's priest, minister or rabbi. Be quick to see where religious people are right. Make use of what they offer

**As We Go Through The day:**

- We pause when agitated or doubtful and ask for the right thought or action
- We constantly remind ourselves we are no longer running the show
- We humbly say to ourselves many times each day "Thy will be done"