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| **Nightly Review: Pause and LISTEN after each question then write the answer.** |
| How was I resentful? |
| How was I selfish? |
| How was I dishonest? |
| How was I afraid? |
| Who do I owe any apologies? |
| Have I kept something should be discussed with another person at once? |
| Was I kind and loving toward all? |
| What could I have done better? (God’s role for me) |
| Was I thinking of myself most of the time? |
| Was I thinking of what I could do for others, of what we could pack into the stream of life? |
| Did I drift into worry (future), remorse or morbid reflection (past)? |