

I.P. No. 9



# NARCOTICS ANONYMOUS

## LIVING THE PROGRAM

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Approved Literature  
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### NOTES

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

Did I feel like I was a part of humanity today? \_\_\_\_\_

Did I allow myself to become obsessed by anything today? \_\_\_\_\_

What has God given me to be grateful for today? \_\_\_\_\_

Have I done anything to cause harm to myself or another today? \_\_\_\_\_

If so what? \_\_\_\_\_

Am I willing to change today? \_\_\_\_\_

Did I pray or meditate today? \_\_\_\_\_

How did this affect my life? \_\_\_\_\_

What spiritual principles have I been able to practice in my life today? \_\_\_\_\_

Was the important thing in my life today staying clean? \_\_\_\_\_

JUST FOR TODAY I will be unafraid; my thoughts will be on my new associations - people who are not using and have found a new way of life. So long as I follow this way, I have nothing to fear.

Have I given of myself today without expecting anything in return? \_\_\_\_\_

Was there fear in my life today? \_\_\_\_\_

Did I feel intense joy or pain? \_\_\_\_\_

Did I call or visit someone in the Program today? \_\_\_\_\_

Did I pray for the well-being of another today? \_\_\_\_\_

Was I happy today? \_\_\_\_\_

Have I been peaceful today? \_\_\_\_\_

Did I consciously remember that I have a choice today? \_\_\_\_\_

Dear God, show me what I have done right and wrong today. Show me how I can better live and serve Thy will tomorrow.

