

# Gratitude List

I am grateful for...

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## Instructions:

First, read pages 63, 76 and 86-88 in your BB.

Next, write 5 things you're grateful for today.

Now, list your plans for the 24 hours ahead on the To Do list. Put a "G" next to any item that you don't know how you to get done or you have fear about. Turn those over to God.

For God / AA list things like meetings, study, or problems. For Work list job duties, school, etc. Home is errands, personal items and family things.

If during the day you start to worry, remember that you turned the "G" items over to God. To "Let go and let God" means to not think about it, don't try to figure it out. Trust that God is taking care of all your problems. Have your Sponsor help you find your God connection.

# To Do List for \_\_\_\_\_ Date

God / AA

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Work / School

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Home / Family

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