

# NIGHTLY REVIEW

1. Was I resentful?
2. Selfish?
3. Dishonest?
4. Afraid?
5. Did I keep something to myself that should be discussed with someone at once?
6. Was I kind and loving to all?
7. What could I have done better?
8. Was I thinking of myself most of the time?
9. Was I thinking of what I could do for others, of what I could pack into the stream of life? I must be careful not to drift into worry, remorse or morbid reflection, for that would diminish my usefulness to God and others!
10. After making your review ask for God's forgiveness, and inquire what corrective measures should be taken.