

Step 10 Daily Inventory

A Path to Integrity, Grace, and Spiritual Growth

Good Soil Discipleship

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." — 1 John 1:9

Tell the truth daily. Repair quickly. Live freely.

© 2024 Good Soil Discipleship

What Is Step 10?

Step 10 comes from the 12-step tradition: 'Continued to take personal inventory and when we were wrong promptly admitted it.'

But Step 10 isn't just for people in recovery. It's for anyone who wants to live with integrity. It's about telling the truth with yourself and God at the end of each day.

This practice does three things: It keeps you honest. It prevents small wrongs from becoming big patterns. And it builds a life of integrity where you can sleep at night knowing you've dealt with your stuff.

Why This Matters for Disciples

Jesus taught that we're called to radical honesty, especially with ourselves and God. 'Out of the abundance of the heart, the mouth speaks' (Matthew 12:34). Daily inventory helps you catch what's happening in your heart before it becomes action.

This isn't about shame. It's about grace. Confessing the wrong thing frees you from it. Repairing broken relationships heals you and the other person. This is what healthy disciples do.

How to Use This Inventory

Timing: Do this in the evening. Before bed is ideal. You need quietness and honesty.

Format: Answer each question. Write truthfully. No one else will read this unless you choose to share it.

Tone: This is not self-flagellation. You're not supposed to feel shame. You're supposed to feel honest and then freed. Grace follows confession.

The Six Questions

1. Where was I honest today?

Start positive. Notice where you lived with integrity. Did you tell the truth when it cost you? Did you show up with courage? Did you love well? This isn't false positivity. It's noticing grace at work in you.

2. Where did fear, pride, anger, or lust lead me?

These are the core drivers of wrong action. Fear makes us lie. Pride makes us defend ourselves wrongly. Anger makes us harsh. Lust makes us selfish. Notice what drove you astray today.

3. Who did I harm or neglect?

Did you snap at someone? Ignore a friend's call? Prioritize work over family? Fail to show up? Write their name. This makes it real.

4. What needs confession or repair tomorrow?

Don't wait. Don't ruminate. Act. Confession to God is step one. Repair with the other person is step two. Write what you'll do and when.

5. Where did I see grace?

Grace isn't earned. But you can notice it. Where did God show up? Where was someone kind to you? Where did you get a second chance? Write it.

6. What is one next faithful step?

Tomorrow, what's the one thing you need to do differently? Don't change everything. Change one thing. Obedience starts small.

A Sample Inventory Entry

Where was I honest today?

I told my boss I made a mistake on the report instead of blaming someone else. I was scared but I did it.

Where did fear, pride, anger, or lust lead me?

Pride. I got defensive with my wife when she asked about the kids' school. I was already embarrassed about work and took it out on her.

Who did I harm or neglect?

My wife (harsh words). My son (promised to play basketball with him but checked email instead).

What needs confession or repair tomorrow?

Apologize to wife in the morning (be specific, own my defensiveness). Actually play basketball with my son (30 minutes, fully present). Don't check email during family time.

Where did I see grace?

My wife forgave me quickly. My boss appreciated my honesty. I went to the gym even though I was tired.

What is one next faithful step?

Put my phone on silent during family dinner. One thing. Tomorrow.

Day 1 — Date: _____

Where was I honest today?

Where did fear, pride, anger, or lust lead me?

Who did I harm or neglect?

What needs confession or repair tomorrow?

Where did I see grace?

What is one next faithful step?

Day 2 — Date: _____

Where was I honest today?

Where did fear, pride, anger, or lust lead me?

Who did I harm or neglect?

What needs confession or repair tomorrow?

Where did I see grace?

What is one next faithful step?

Day 3 — Date: _____

Where was I honest today?

Where did fear, pride, anger, or lust lead me?

Who did I harm or neglect?

What needs confession or repair tomorrow?

Where did I see grace?

What is one next faithful step?

Day 4 — Date: _____

Where was I honest today?

Where did fear, pride, anger, or lust lead me?

Who did I harm or neglect?

What needs confession or repair tomorrow?

Where did I see grace?

What is one next faithful step?

Day 5 — Date: _____

Where was I honest today?

Where did fear, pride, anger, or lust lead me?

Who did I harm or neglect?

What needs confession or repair tomorrow?

Where did I see grace?

What is one next faithful step?

How to Repair Relationships

Confession without repair is incomplete. Here's how to make amends:

- 1. Go to them (in person if possible, by phone if not, never by text).**
2. Say: 'I was wrong. Specifically, I [action/word]. I know that hurt you because [effect]. I'm sorry. I want to make it right.'
3. Ask: 'What can I do to repair this?'
4. Listen. Don't defend. Don't minimize.
5. Do the repair work. Don't just say you'll change. Change.

What If They Won't Forgive?

Forgiveness is their choice. You can only control your repentance and repair. That's enough. God sees your heart. That's what matters.

Weekly Reflection (Sunday Evening)

Pattern I'm noticing: What's repeating this week? (Same trigger? Same person? Same emotional response?)

Where I'm growing: What's improving? What am I getting better at?

What I need help with: What relationship or issue needs outside support? (Counseling? Accountability partner? Pastor?)

Living with Integrity

This practice is powerful because it's simple and it works. You tell the truth. You repair quickly. You stay humble. You live free.

People who do daily inventory sleep well. They don't carry shame. They don't lose relationships. They become the kind of people others trust—because they've earned it through honesty and repair.

This is discipleship. Not performance. Not perfection. Just truth.

Grace and peace,

*Junior Saint-Val
Good Soil Discipleship*