

When we retire at night, we constructively review our day:

WAS I RESENTFUL?

WAS I SELFISH?

WAS I DISHONEST?

WAS I AFRAID?

DO I OWE AN APOLOGY?

HAVE I KEPT SOMETHING TO MYSELF WHICH SHOULD BE DISCUSSED WITH ANOTHER PERSON AT ONCE?

WAS I KIND AND LOVING TOWARD ALL?

WHAT COULD I HAVE DONE BETTER?

WAS I THINKING OF MYSELF MOST OF THE TIME?

OR WAS I THINKING OF WHAT I COULD DO FOR OTHERS, OF WHAT I COULD PACK INTO THE STREAM OF LIFE?

But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish my usefulness to others.

After making our review we ask God's forgiveness and inquire what corrective measures should be taken by me.