

## **Step 7 - I humbly ask God to remove my shortcomings**

- What defects will be most difficult to give up? In what order do you plan to give them up?
- What kind of situations, stressors or pressures cause you to regress back into your defects of character? What can you do to lessen the likelihood of that stress occurring?
- Where do you feel most supported and helped in your strivings for recovery?
- What makes you lose hope? Can you avoid such situations? If so, then how?
- What (person, situation, event, thought) restores your hope? Is there a way to maximize those influences? If so, then how?
- What would you like to recapture in your life?
- Describe in detail what you think that your life will be like with your defects of character removed from you.
- What are you grateful for?
- When do you think that life has been especially good for you? When did you have the greatest joy?
- Describe your typical day's activities in terms of how much time you spend on each type of activity.
- Describe your typical day's activities if you knew that you had only one year to live.
- Have you made the correct decisions about how to spend time with loved ones, in solitude and with your discretionary time? If not, how would you like to change it?
- What would you do if you were granted three wishes?
- What do you think that you can do to leave the world a better place and accomplish your mission in life?