NEW DAY RECOVERY
Daily Handout

Daily Inventory & Evening Reflection

Print many copies — one for each day. Five quiet minutes at night. There is no grade. Honest beats perfect.

Your workbook carries one running daily log. The HALT check, craving log, living-amend log, trust ledger, and drift-checks are entries in that one log, not separate logs. The two daily sheets (Daily Inventory and Gratitude Practice), where used, are the same one log on paper.

Name: _____ **Date:** _____

My day at a glance

Check	My answer today
Craving — highest today (0–10)	
Sleep last night (hours / how I slept)	
HALT check — Hungry? Angry? Lonely? Tired? Circle any that hit today	
Meetings / group / support community today	
Evening reflection	
One honest thing I said or did	
One person I helped or thanked	

Evening reflection — three questions

1. Where did I drift today? (first link of my chain, a skipped step, a small dishonesty)

2. Where did I do the next right thing?

3. What is tomorrow's first step?

One thing I am thankful for tonight:

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.