Step 10: The Daily Spot-Check

> *"Examine yourself; scrutinize and observe yourself in divers ways."*
>
> Seneca, Letters 16 (tr. Gummere)

Step 10 is a short, regular version of Step 4. Each night, one line in each column. "Did I put it right?" means promptly admitting it - an apology, a correction, a message. If not yet, note what you will do tomorrow. Finish the week by reading it back.

DAY	WHERE WAS I WRONG TODAY?	DID I PUT IT RIGHT? HOW?	WHAT DO I STILL OWE, AND TO WHOM?	WHAT WENT WELL TODAY?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Reading the week back: what repeats?

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