

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 12 - Today is _____

When you start your daily practice you may ask your Higher Power – “Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better and that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”

INDEX FOR THIS DAY ACTION – ASSETS

USING THE LIST BOXES – The following is an outline for using the eight List Boxes; this is the first step in our Step Four Inventory Format. Familiarize yourself with all of the enclosed Step Four information before you start your response. For additional space each of the List Boxes have a Supplement List for your response on the following page of those List Boxes.

ACTION (1) – *Start with the Assets List Boxes p54*

- a. Choose the items you have *either complied with or violated*.
- b. Note your frequency choices by marking one of the columns (R) Rarely – (S) Sometimes – (O) Often – (I) Intense or very Important.
- c. If your Intense or most Important Assets are not included in the List Boxes add them to the list.

ACTION (2) – At the bottom of the Assets List Boxes and the Assets Supplement List

- a. In the left-hand column write the (I) Intense or very Important ASSET.
- b. In the right-column write HOW IT WAS EXPRESSED AND/OR VIOLATED.
For additional space use the Supplement List on p 55 or the facing page.

Al: I had told my sponsor, Lou-is Pazeniton (Lou is passing it on) that I would do anything if he would help me and then he brought me this Workbook. I had no idea that it was going to take so much work or maybe I would have been a little more conservative with my promise to do anything.

Lou-is told me that it would be impossible to over-emphasize the importance of identifying our assets. He said that the violation of those

things I value was the root cause of my resentment and fears and that the realizing the first three assets on the Asset List Boxes determines much of our happiness, joy and freedom ; their violation causes much of my lack and limitation. In fact he said that almost all of my resentments would come about when #2 (love) and/or #3 (some violation of my individual Self), and for sure when I was not trusting my Higher Power (#1) to be my only true source.

ASSET	HOW WAS IT EXPRESSED AND/OR VIOLATED
(example) Forgiving (22)	I really don't like the way I feel when I do not forgive, so I have turned the whole deal over to our Boss and he has healed me, freed me to love once again.

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ASSET LIST BOXES

ACTION (1) Format For A Step Four Inventory – page 47

Asset: A useful or valuable quality, person, or thing; something that contributes to one's well being.

Choose by marking the columns: **(R)** Rarely - **(S)** Sometimes - **(O)** Often - **(I)** Intense/very Important.

R	S	O	I	#	ASSETS (THREE SPIRITUAL GIFTS)										
				1	The awakening to the Presence of our Higher Power.										
				2	The awakening to the Love that we are, that all of us are.										
				3	Awaken to the individual Self we were created to be, with purpose, meaning.										
R	S	O	I	#	ASSETS			R	S	O	I	#	ASSETS		
				4	Abundance							34	Independent		
				5	Acceptance							35	Inner-directed		
				6	Ambition							36	Intelligent/Wise		
				7	Beautiful/Handsome							37	Interested/Concerned		
				8	Career/Work							38	Intuitive		
				9	Committed/Dedicated							39	Joyful/Happy		
				10	Communication							40	Kindness		
				11	Compassion							41	Listener		
				12	Conviction							42	Love/Caring/Sharing		
				13	Curiosity							43	Loyalty		
				14	Courage							44	Marriage		
				15	Continuing education							45	Openness		
				16	Creative/Inventive							46	Play/Leisure time		
				17	Drive							47	Patient		
				18	Even tempered							48	Perseverance		
				19	Faith/Devotion/Spiritual							49	Power/Title/Money		
				20	Family							50	Preparedness		
				21	Focus							51	Productive		
				22	Forgiving							52	Resilience		
				23	Friends							53	Risk taking		
				24	Generous							54	School/Learning		
				25	God-consciousness							55	Sex		
				26	Good companion							56	Supportive		
				27	Good income							57	Take charge		
				28	Good parent							58	Teachable		
				29	Good worker							59	Toughness		
				30	Health							60	Trust		
				31	Higher Purpose							61	Understanding		
				32	Honesty							62	Unselfish		
				33	Humor							63	Willingness		

ACTION (2) Format For A Step Four Inventory – page 47 (use the Asset Supplement List p55)

ASSET	HOW WAS IT EXPRESSED AND/OR VIOLATED

