

## Morning Step Work

I recognize what I am powerless over each day.  
Remember, I didn't cause it, I can't control it, & I can't cure it.

(This work is best done when read out loud)

CHECK  
OFF  
BOXES



I am powerless over my alcoholism . . . . .

I am powerless over my drug addiction . . . . .

I am powerless over these fears which may crop up today:

\_\_\_\_\_   
I am powerless over these people & their behavior that I may have to deal with today:

\_\_\_\_\_   
I am powerless over these situations which I may be facing today:

\_\_\_\_\_   
I am powerless over these things today:

\_\_\_\_\_   
I am powerless over the character defect I wrote about last night:

\_\_\_\_\_

**Without help it is too much for us. But there is One who has all power ...**

Check this after I have read from my big book & highlighted . . . . .

Check this after I have read from my 12 & 12 & highlighted . . . . .

Check this after I have read from my daily reader(s) & highlighted . . . . .

Check this after I have written in my journal . . . . .

Check this after I have written my gratitude list for today . . . . .

Check this after I say the 3rd & 7th step prayers, and the 11th step if I so choose . . . . .

Check this after I have called one alcoholic & list them here \_\_\_\_\_

What meeting(s) will I be going to today? \_\_\_\_\_

**If throughout the day, I find myself in**

**Fear, Anger, Resentfulness, Worry, Hurt, Selfishness, Self-Pity or Dishonesty,  
I will immediately take the following steps:**

1. Pause & take a moment to reconnect with my Higher Power . . . . .

2. Call my sponsor or someone in the program and share my feelings . . . . .

3. Silently grant forgiveness if I feel hurt, as I would want to be forgiven by others . . . . .

4. Make immediate & direct amends if I hurt anyone or their feelings . . . . .

5. Get out of myself by immediately being of service to someone else . . . . .

**Check off one or more things I want to do today to stay positive & worry free:**

Pray  Meditate  Rituals  Yoga  Exercise  Play  Work  Service

Other (indicate here) \_\_\_\_\_

**Say out loud "I LOVE MY LIFE" the louder the better (let everyone know it)**

## Morning Readings from the Big Book

**ON AWAKENING** let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

**IN THINKING ABOUT OUR DAY** we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer that we be **SHOWN ALL THROUGH THE DAY** what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why. If circumstances warrant, we ask our wives or friends to join us in **MORNING MEDITATION**.

**AS WE GO THROUGH THE DAY** we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works - it really does.

Our book is meant to be suggestive only... Ask Him **IN YOUR MORNING** meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

So we clean house with the family, **ASKING EACH MORNING** in meditation that our Creator show us the way of patience, tolerance, kindness and love.

May the spirit of the 12 steps live in every aspect of my life today.

**I LOVE MY LIFE!**