

## **WAY OF LIFE TWELVE STEPS TO HEALTH – AGENDA**

Adapted with the written permission of Alcoholics Anonymous (1981)

**Based on:** [https://www.numbers1317.org/file\\_24\\_01.html](https://www.numbers1317.org/file_24_01.html)

All the material can be copied to hold Way of Life 12 Steps to Health meeting. The Chairperson can ask any member to read the material if they want to. The meetings usually last 1 hour – 15-20 minutes after meeting to visit.

### **1. WELCOME TO WAY OF LIFE TWELVE STEPS TO HEALTH**

Welcome to Way of Life 12 Steps to Health. We are glad you have chosen to join us and we hope that you will continue for at least 12 meetings before you decide that Way of Life Twelve Steps to Health is not for you. We are a self-supporting group and do not engage in any subjects or discussions except those who are for our personal growth and development of character.

My name is: (first name only) and I will be your chairperson for today. Everyone has an opportunity to chair the meeting and you can volunteer for the next meeting if you desire to do so.

Name of Volunteer for the next meeting: \_\_\_\_\_.

**2. SERENITY PRAYER** – Everyone can recite the Serenity Prayer.  
[https://www.numbers1317.org/file\\_24\\_04.html](https://www.numbers1317.org/file_24_04.html)

Explanation of the Serenity Prayer ([Click Here](#))

God grant me the serenity to accept the things I cannot change.  
The courage to change the things I can  
and the wisdom to know the difference.

### **3. WAY OF LIFE TWELVE STEPS TO HEALTH**

#### **PURPOSE OF WAY OF LIFE TWELVE STEPS TO HEALTH**

[https://www.numbers1317.org/file\\_24\\_03.html](https://www.numbers1317.org/file_24_03.html)

The Steps are a 'Way of Life' for those who want to adopt them in their personal life. Life is given to grow physically, mentally and spiritually. This growth begins when I admit that I am powerless to manage my own life, when I make my own inventory and recognize my weaknesses; weaknesses in the way I have attributed the fault to others and in doing so, prolonged self-pity.

The Twelve Steps are steps to a higher plane. I learn in practicing them that I am not perfect and I risk to remain so unless I accept the fact that I must do something about it. In following these steps, I receive courage and serenity, and become helper, not helped, giver and not taker. Little by little, I leave weakness behind, and learn that growth, though painful, is worth the suffering. All the work of the Twelve Steps is based on two important truths: By the grace of God, I come to apply them in my life and by surrendering my will and my life to Him, I start to grow towards perfection and receive the power from the Holy Spirit to carry this message to others.

#### **4. WAY OF LIFE TWELVE STEPS TO HEALTH**

- [STEP 1:](#) I admit that I am powerless to manage my own personal life.
- [STEP 2:](#) Come to believe that a Power greater than myself could restore me to sanity.
- [STEP 3:](#) Make a decision to turn my will and my life over to the care of God as I understand Him.
- [STEP 4:](#) Make a searching and fearless moral inventory of myself.
- [STEP 5:](#) Admit to God, to myself and to another human being, the exact nature of my wrongs.
- [STEP 6:](#) Am entirely ready to have God remove all these defects of character.
- [STEP 7:](#) Humbly ask Him to remove my shortcomings.
- [STEP 8:](#) Make a list of all the persons I have harmed, and become willing to make amends to them all.

- [STEP 9](#): Make direct amends to such people wherever possible, except when to do so would injure them or others.
- [STEP 10](#): Continue to take personal inventory and when I am wrong promptly admit it.
- [STEP 11](#): Seek through prayer and meditation to improve my conscious contact with God as I understand Him, praying only for knowledge of His will for me and the power to carry that out.
- [STEP 12](#): Having had a spiritual awakening as a result of these steps, I carry this message to others and practice these principles in all my affairs.

## **5. WAY OF LIFE 12 STEPS TO HEALTH – EXPLANATION**

Click on one Step to Health – read one Step explanation at every meeting.

## 6. WAY OF LIFE 12 STEPS TO HEALTH – NO INTERNET

- [STEP 1:](#) I admit that I am powerless to manage my own personal life. **First Step: Admission**

The simple words of the first step contain a whole philosophy of life that brings me to recognize that I have not been able to manage my life with wisdom. The submission suggested by these words prepares me for a new life that I cannot aspire to without letting go that which I cannot control or change. To reach this new way of life, I must undertake, one day at a time, the monumental task to put some order in my universe, by changing my way of thinking. The first step does not ask resignation but 'acceptance'.

When I resign myself, I accept 'consciously' but in reality, in my subconscious is the feeling that 'the day will come'; this is not acceptance when the struggling continues. Acceptance is a state of mind that allows me to accept instead of rejecting or resisting; I am then able to understand, collaborate, follow and become receptive to my Higher Power, who then has the chance to correct what seems hopeless life.

- [STEP 2:](#) Come to believe that a Power greater than myself could restore me to sanity. **Second Step: Commitment**

The second step brings hope. It assures me that help is within reach: the help of a Higher Power who surpasses all that I can understand or even imagine. What can this Power do for me? It can give me back my sanity.

It helps me to quit deceiving myself and learn how to cope with my problems in a realistic way. It means that, even though I am facing confusion and disorder, I can draw upon my Higher Power for emotional stability. The second step brings assurance and comfort by submitting my will to the wisdom of a loving God.

- [STEP 3:](#) Make a decision to turn my will and my life over to the care of God as I understand Him. **Third Step: Submission**

The study of the third step brings me slowly towards the truth with a new awareness and the ability to benefit from it. This step is a challenge; it suggests a decision: let go and let God take care of my affairs. It is possible for Him to do so only if I turn my will and my life over to Him. I can be guided if I listen with humility and hear what is best for me.

This decision must be constantly reaffirmed and renewed until it becomes so much part of my nature that the temptation to act impulsively gradually disappears.

- [STEP 4:](#) Make a searching and fearless moral inventory of myself. **Fourth Step: Action**

Make a searching and fearless moral inventory of myself. The fourth step is to make a fearless and moral inventory of myself. First, I must see myself as I am with my character, my motives, my attitudes and my actions.

The base of this step is honesty. I need to understand why I do and say certain things and examine the motives that animate me. I discover then, along with my shortcomings, my many qualities. I must learn to appreciate them because they not only compensate my deficiencies, but help me to grow and progress. If I easily criticize, I will learn to live and let live. If I am afraid of the future, I will let go and let God, and will live one day at a time.

To take my own inventory does not mean to concentrate only on my faults to the point of not seeing the good. I can do it with humility and satisfaction, at the same time, and enjoy the feeling of having to face myself perhaps for the first time in my life.

- [STEP 5:](#) Admit to God, to myself and to another human being, the exact nature of my wrongs. **Fifth Step: Confession**

This step suggests to admit my wrongs to God as well as to myself: it is like a personal confession. Then I will complete this step in repairing the wrongs I have done to others by going to them and asking for forgiveness. This step requires humility, courage and honesty.

- [STEP 6:](#) Am entirely ready to have God remove all these defects of character. **Sixth Step: Readiness**

This step invites me to abandon myself to my Higher Power and let Him guide me. This is an admirable affirmation of submission with serenity to God's will. My purpose is to be 'entirely ready' to lose the habit of thinking negatively, which has been part of my life so far. God is 'entirely ready' to remove my defects of character and help me to reach a way of thinking and living that brings me serenity and happiness.

- [STEP 7:](#) Humbly ask Him to remove my shortcomings. **Seventh Step: Humility**

The seventh step truly implicates the possibility of eliminating all shortcomings that so often beset me. But I must start working on one at a time. Many of my shortcomings are habits that I have myself created and that perhaps I want to keep. Humility is the key word of this step.

To be humble does not mean to crawl. It is to constantly accept the help of my Higher Power in all that I do and accomplish. If I am kind and tolerant with everyone in all circumstances, this attitude will soon become a normal reaction which will reflect in all my affairs and make me more agreeable to myself as well as to others.

- [STEP 8:](#) Make a list of all the persons I have harmed, and become willing to make amends to them all. **Eighth Step: Willingness**

With this new way of life, I have opportunities to grow spiritually and I learn that I cannot pass my wrong actions on others. The main purpose of this step is to recognize my own mistakes so that the feelings of guilt disappear. This step asks only one thing: to make a list. Who are the persons I have harmed? Probably the one I love the most, my family, my friends. In making my list, I also discover that the person I have harmed the most is myself. With this step, I learn to forgive myself as well as others.

- [STEP 9:](#) Make direct amends to such people wherever possible, except when to do so would injure them or others.  
**Ninth Step: Making Amends**

After sincerely thinking, praying and working the eight preceding steps, this ninth step requires 'action'. To ask for pardon does not always take away the guilt I may feel. By doing so, I may even hurt a third innocent person. Instead, a change in my attitude can help repair my past behavior.

If I have taken away any material goods from somebody, I will recognize my debt and entirely pay it back. If I have harmed my family or my friends by neglect, ill-temper or harsh treatment, a change of attitude conscientiously pursued, may compensate for these injuries. This program teaches me to move forward and in applying it to my life, can help one, ten or thousand of people in the future.

- [STEP 10:](#) Continue to take personal inventory and when I am wrong promptly admit it. **Tenth Step: Never give up**

When this step is really part of my everyday life, I will not have to worry about old guilt feelings since I maintain the order in my mind. If I get back to my old pattern or mischief, I will admit my mistakes immediately and ask my Higher Power for guidance.

In times of stress, it is often better to pray quietly instead of answering angrily. Since the inventory shows me where I am wrong, the sooner I can admit my own mistakes, the sooner I can recover.

- [STEP 11:](#) Seek through prayer and meditation to improve my conscious contact with God as I understand Him, praying only for knowledge of His will for me and the power to carry that out.  
**Eleventh Step: Seeking**

The eleventh step confirms my sincere decision in adopting this program in my life and makes me realize the kind of person I really am: a procrastinator, undecided or persistent.

The Procrastinator says: 'There is something for me in this program and one day, perhaps tomorrow, I will apply it in my life'.

The Undecided says: 'I have started to apply the program in my life, but I find it difficult to recognize God's will and seem unable to find time to pray and meditate in my busy schedule'.

The Persistent says: 'I have decided to apply this program in my every day life and do not expect to become perfect immediately, but I am setting myself on the road towards it. I will reserve at least 15 minutes every day, morning and evening, for prayer, study and meditation of the Word of God, closing my mind to any other thoughts. I will always start and finish my meditation being conscious of the presence of God.'

- [STEP 12](#): Having had a spiritual awakening as a result of these steps, I carry this message to others and practice these principles in all my affairs. **Twelfth Step: Results**

Having had a spiritual awakening is coming to realize that I am not alone and without resources. This spiritual awakening is a real rebirth and can be reached by complete submission of my will to my Higher Power. I ask my Savior today, to be part of me, to guide me through His Spirit, in His path, the path of life and light.

This enlightenment enables me to base my decisions and my judgments on spiritual principles so that I am moved by His wisdom and His kindness and can carry the good news to others and help them. This awakening brings me to practice these principles with my family, my friends, my teachers, my working companions; in a word, into every phase of my daily life.



## **7. WAY OF LIFE TWELVE TRADITIONS PURPOSE OF THE TWELVE TRADITIONS**

The Traditions are a guide for the conduct and unity of the group. Since this Way of Life has no rules or regulations, the Traditions form a common basis that help in the therapy of the group purpose, membership, money, public relations, leadership and anonymity.

These principles are suggested for the unity of this fellowship and its survival depends upon adherence to them. The Traditions protect against the destructive effects of the domination of a few members. They make every member equal, so it is possible to work together in groups and with harmony to the spiritual growth of everyone and mutual understanding.

With this Way of Life, contradictions become differences. It is this way that the problems are solved with an understanding made of tolerance and respect of others.

## **8. WAY OF LIFE TWELVE TRADITIONS**

- [TRADITION 1:](#) Our common welfare should come first; personal progress for the greatest number depends upon unity.
- [TRADITION 2:](#) For our group purpose there is but one authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
- [TRADITION 3:](#) When gathered together for mutual aid, the members of Way of Life, as a group, have no other affiliation. The only requirement for membership is the sincere desire for personal growth.
- [TRADITION 4:](#) Each group should be autonomous, except in matters affecting the philosophy of the program as a whole.
- [TRADITION 5:](#) Each group has but one purpose: to help the members of the group to accept themselves by practicing the Twelve Steps of the program and by carrying the message to others.

- [TRADITION 6](#): Our groups as such ought never to endorse, finance or lend our name to any outside enterprise lest problems of money, property and prestige divert from the primary spiritual aim that the program proposes.
- [TRADITION 7](#): Every group ought to be self-supporting, declining outside contributions.
- [TRADITION 8](#): Way of life Twelfth Step work, which is to carry the message to others, should remain for ever non-professional, but our service centers may employ special workers.
- [TRADITION 9](#): Our groups as such, ought never to be organized; but we may create Service Boards or Committees directly responsible to those they serve.
- [TRADITION 10](#): Our groups Way of Life have no opinion on outside issues; hence, our name ought never to be drawn into public controversy.
- [TRADITION 11](#): The public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. We need to guard with special care, the anonymity of all other members.
- [TRADITION 12](#): Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles above personalities.

## **8. WAY OF LIFE TWELVE TRADITIONS WITH EXPLANATION**

Click on one Tradition to Health – read [one tradition](#) explanation at every meeting.

