

When you try to control everything, you enjoy nothing. Sometimes you just need to *relax*, breathe, *let go* and live in the moment



**The Journey of a Thousand Miles begins with a single step.
Even the longest and most difficult adventures have a starting
point.**

Enjoy the Journey.

Quick Start, Daily Prayers, Est. Time 5 mins

In the **Morning** before you get out of Bed, & At night, **Before sleep**.

Serenity Prayer

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

Third Step Prayer

God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding.

St. Francis Prayer

*Lord, make me a channel of thy peace;
where there is hatred, I may bring love;
where there is wrong, I may bring the spirit of forgiveness;
where there is discord, I may bring harmony;
where there is error, I may bring truth; where there is doubt, I may bring faith;
where there is despair, I may bring hope; where there are shadows, I may bring light;
where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted;
to understand, than to be understood; to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life. Amen.*

Pray for others

*Dear God I pray that (persons) may have hope, happiness, health, love, and abundance.
Dear God I pray that I may have hope, happiness, health, love, and abundance in my life.*

Gratitude List – out loud / or written / or silent 1-2 mins

Think of a few things you are grateful for (simple Stuff) Warm Bed, Food, Love, Health, Friends, Happiness, Job, etc.... (your done - enjoy the day)

Path to Success

Start to Pray - its Free & Easy	Look for a Higher Power
Work the 12 Steps	Get a Sponsor (Coach, Mentor)
Participate in your Success	Be Honest, Open Minded, Willing
Show up 10 mins Early to Meetings	Know the names of others near you
Go to Group 3-5x per week	Sit in the same Seat / Area
Think on Purpose (why am I here)	Be Grateful
Listen Intently to recovery & success	Know their story
Follow Suggestion	Change your behavior
Share Your Story, Share Your Hope	Look for the Good
Help Somebody – Anywhere	Let Somebody Help You
Call Somebody and say hello	Be accountable, Be Trustworthy
Help Create a Miracle	Again - Pray - its Free & Easy

Understanding: Why I want to do this?

Alcoholics & Addicts can go on for weeks, months, and years without seeing the effects they are causing to people. Parents, Friends, Spouses, Children, Co-Workers, & even YOU. Everybody you encounter is being affected by your addiction. You might not notice it, but they do, and they have been impacted. Change your behavior, and change your life.

When you look to the future with open and honest heart,

Will your life story be, (you) are a Great Student, Co-worker, Father, Mother, Husband, Wife, Friend, Brother, Sister, etc.

People will Say: I remember the time we did _____ together it was awesome... (you) are just the best _____

Or will people answer:

“We distanced our self from (your name) years ago “ I think (your name) is still ...
Addicted, Homeless, Divorced, Prison, Hospitalized.... or is DEAD.

Live and Grow:

We have 168 hours per week to live life and thrive.

You are your best investment, Committing to this process. just 10hrs per week, 7% of your time, will yield 93% upside reward. Get all the good life has to offer, you deserve it.

This is not a job, or something hard, it is an enjoyable experience, a great journey.

This is a long-awaited vacation from your current life, and a path to a new life.

Dear Higher Power, we pray that we may recover from our disease. We pray for others to have, Hope, Happiness, Health, Love, and Abundance in our lives.