

## Daily Practice

### 1. On Awakening –

- Read pages 86-88 from the Big Book.
- Say the third step prayer (pg. 63) or the prayer of your choice
  - "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!"
- **Meditate.** There are many different approaches to meditation. It's suggested that you do some online research to find a form of meditation that you can actually do. If it's not practical you won't do it.
- **Consider the day ahead** – What are your plans for the day? Spend some time thinking about how you might bring God into each activity.

### 2. Throughout the day

- **Spot check Inventory** - Find time to stop several times throughout the day and ask yourself "How am I doing? Am I carrying resentment or fear that I should talk to someone about? Am I feeling conscious contact with my higher power?"
- Take 3 deep breaths and ask your Higher Power to go with you for the next few hours, directing your thought and actions to help you in your recovery.

### 3. Call at least one other addict/alcoholic

- Ask them how they are doing. Making and maintaining connections to other addict/alcoholics in recovery is a powerful tool to help you stay on track in your own recovery.

### 4. Go to a Meeting – Meetings won't keep you sober by themselves, but they will remind you of what you're supposed to be doing to stay sober and they can inspire you to reach for the amazing life that recovery has to offer.

### 5. Call Your Sponsor – Even if you don't think you have anything to talk about. Developing the habit of talking to a sponsor regularly is crucial. If you aren't talking to them when things are going well you won't *remember* to call them when things get rough.

### 6. Nightly Review – Read the first paragraph on page 86 of the Big Book again. Answer the questions it asks. You might want to get in the habit of emailing them to your sponsor every night. The Accountability and routine can really help us stay on track of the daily practice we need to engage in to stay sober and happy.

### 7. Be of service – When you go to a meeting, look around when they ask "who has less than 30 days?" and make a point of talking to them after the meeting. You may not feel that you have much to offer, but to someone in the first 30 days, even a person with 60 or 90 days can seem like Yoda. And service isn't limited to other alcoholics or addicts. Try to focus on how you can be *helpful...* at work, at home... everywhere. This kind of practical unselfish behavior will really help you stay connected to your higher power.