



If you have ever watched a hummingbird

focused on a feeder, it uses its entire body...100% of its body...wings are whizzing, beak is pointed toward the goal and even its little bottom is moving to take it toward its goal. It is Action, Action, Action!

What we want to think about today is...let's view the feeder as our recovery....that is OUR goal and what is required of us is the same commitment as the hummingbird. Action and more action (as Bill W says in the Big Book).

Today's focus is the Action Plan. This is the 9th Tool of Recovery and we want to break it apart and consider how we can use this tool to enhance our program.

We will split our study today into 6 areas:

Serenity Prayer: Let's discuss what things in our lives we need the "serenity to accept" and what things we need to ask our HP for the "courage to change".

Tools of Recovery: We will look at how we can work an action plan to help maximize our use of each of the other 8 tools

Life Skills: Let's zoom in on how to use an action plan to *"help to organize their homes; deal with their finances; and address medical, dental or mental health issues."*

Balance: We will spend some time coming up with *"strategies for balancing work, personal interactions with family and friends, and our program"*.

Meditation & Relaxation: The Action Plan Tool says *"Some of us may need an action plan that includes time for meditation and relaxation"* so we will discuss some ideas for making time for these as well.

Fitness: *"Some members may need a regular fitness routine...or to set exercise limits"* and we will delve into OA and AA literature to take a look at how a fitness plan helps us to *"Fit ourselves for maximum service"*. Each section will include readings from OA approved literature and the goal of the workshop is for each person to be able to take home one or two SMART Action ideas to work on to enhance their recovery.

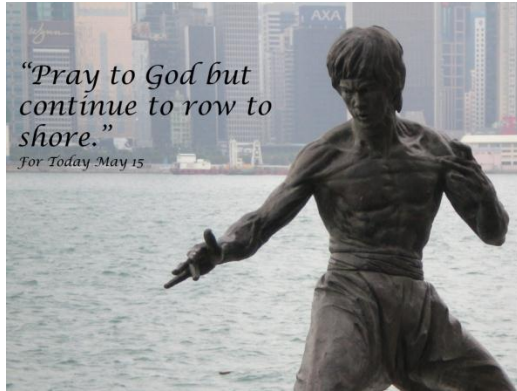


Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve their strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps in a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.



Selected Readings: Action- *Action is part of our History*

As early as August 1961, the words "make small goals" appear as one of "the working tools."

Beyond Our Wildest Dreams, page 136:

Other Readings:

"Pray to God but continue to row to shore". Russian Proverb

"God is not my arms and legs. It is up to me to do the footwork. Ours is a program of action. The first two steps require reflection and contemplation; the rest call for direct action. Of course, I do not work a perfect program. When I feel rebellious, as I sometimes do, then I pray to be willing, putting myself and my stubbornness in God's hands.

"Out of old programming I still need to be perfect before I can like myself. But God has infinite and unconditional love for me, and gives me everything I need, including the willingness to take action. I have but to ask.

"For today: God does for me what I cannot do for myself, but what I *can* do."

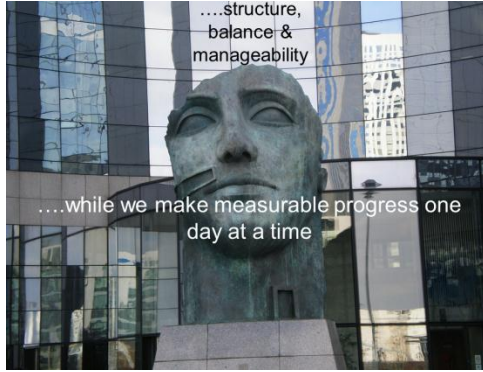
OA For Today, May 15th, page 136.

"OA's program of recovery is based upon action. I may have a fatal disease, but I have many useful OA tools to help me work through the Steps that lead to happiness, joy and freedom."

Lifeline, April 2005, page 2.

"Then they outlined the spiritual answer and program of action which a hundred of them had followed successfully. ... But the program of action, though entirely sensible, was pretty drastic."

AA Big Book, 3rd Edition, page 42



Selected Readings: Manageability- *Action is part of our legacy*

“More self-examination revealed many areas in which our lives were out of balance.”
OA 12&12, page 11.

“More! Can’t I be done with this, at least for today? About food, I used to say ‘Just one!’

“What if I examine myself for just one aspect of this day that seems out of balance? Has procrastination disturbed my serenity? Has something about my use of money been undermining my calm? Has avoiding my Higher Power put a strain on me? Where has today’s chief discomfort been?

“It is a one-day-at-a-time program.

“I ask my Higher Power to guide and strengthen me to see and to plan one action I can take towards greater serenity.

“I ask my Higher Power for the power to talk about what is bothering me in the next twenty-four hours with someone in program.

“What bothered me so today need not bother me so much tomorrow, because I looked honestly at myself about it, with my Higher Power, tonight.” Voices of Recovery, October 28th, page 302.

Other Readings:

“Part Two of step one, admitting ‘that our lives had become unmanageable,’ has also been difficult for many of us. We felt that we had managed very well in life, despite our problems with food and weight. Many of us held down responsible jobs and ran our households with reasonable success. We had friends who liked us, and many of us had fairly good marriages. That these didn’t make us happy was surely due to the fact that we were fat (or felt we were). If we could just get to the perfect weight, life would be perfect. Surely it would be exaggerating to say we were incapable of managing our lives. We certainly could use some help with the compulsive eating, but with the rest of life, we were doing fine. OA 12&12, page 3&4.

“A new life has been given us or, if you prefer, ‘a design for living’ that really works.”

AA Big Book, 3rd Edition, page 28.

SMART ACTIONS for “Living in Recovery”

S

Strategic

M

Measurable

A

Achievable

R

Realistic/Resources

T

Time-Based

Strategic: Does it support my goal of recovery?

Measurable: How do I know I have taken that action?

Achievable: Could I REALLY do this or am I setting myself up?

Realistic: Is it realistic? Do I need other resources?

Time-Based: Should include an element like “per week”



Selected Readings: Tools-

“By the way, all the ‘tools’ I mentioned... are the result of our collective experience. Not every one is valid for every person, although most are effective to one degree or another. Anything that I or any other OA member may ‘recommend’ is not an absolute ‘must’ but merely a suggestion based on our experience in dealing with the overcoming our compulsive overeating...“Although I spoke much of the practical ‘tools,’ as we call them...don’t forget the spiritual foundation on which this program is based.” (Written by Rozanne in October 1961.) Beyond Our Wildest Dreams, page 67

Other Readings:

“The art of being wise is the art of knowing what to overlook. William James

“Take what you like and leave the rest is a saying most of hear as newcomers.

...”There is one suggestion each of us would do well to take: follow the twelve steps. The steps are the program of recovery in its entirety; everything else is intended to support that process. The tools are just that: tremendously helpful implements for working the steps.” ... OA For Today, January 10th, page 10

“I value the tools in working my program. At first it was hard to use the tools, but I persevered. Now it isn’t fearful for me.

“Writing has helped me deal with so many uncomfortable feelings...Now I write once a day.

“Another tool that was difficult to use at first is the phone. Now it is another source to let out my feelings.

“I use the tool of meetings only once a week because I find it difficult to get to other meetings. ... The acceptance and love I receive in these rooms have helped me to grow into the person I am today.

“Without service I wouldn’t grow, because I’ve found that by serving others, I am a more loving and caring human being. I have to be careful, though, of ‘people pleasing’...

“Anonymity has made me feel comfortable in sharing my inner thoughts.

“Sponsorship was a fear-based thing for me in the beginning, but all I need to do is share my strength, hope and experience and leave the rest up to God.

“Literature gives me so much. By reading OA literature, I gained insight into “Steps 2 and 3. From that moment on, I started to abstain.

“...By using the tools and working the steps, I am alcohol-and cigarette-free. The tools and Steps have resolved many of my problems, including compulsive overeating...”

Lifeline, October 1998, page 5.


Journal Ideas

Maximizing which tool would best support my program?

Action Plan Worksheet- Category: Tools, Sub-Category: (circle 1)
 Meetings, Phone Calls, Sponsorship, Service, Literature, Writing, Abstinence, Plan
 of Eating


My action item is:

Practice on this sheet as you learn to build a SMART action plan.

Strategic 	Does it support your recovery? Explain How	
Measureable	How Do I know (ongoing) that I have taken that action? (not the outcome! The action, itself)	
Achievable	Could I REALLY do this or am I setting myself up for failure?	
Resources?	Realistically, do I need other resources besides myself? Other people, Money, Time, Expertise, etc. List them	
Time-Based	Your action item must include the word "per" as in "two times <u>per</u> week" (or something similar)	

Action Plan Worksheet- Category: Tools, Sub-Category: (circle 1)
 Meetings, Phone Calls, Sponsorship, Service, Literature, Writing, Abstinence, ~~Plan~~
 of Eating

My action item is:

<p>Strategic</p> 	<p>Does it support your recovery? Explain How</p>	
<p>Measureable</p>	<p>How Do I know (ongoing) that I have taken that action? (not the outcome! The action, itself)</p>	
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Selected Readings: Life Skills

“In step five we are learning a new way of life (page 46). We begin to see reality (page 47). ... Although we may not realize it at first, our commitment to embrace the needed changes in ourselves has given us an extraordinary power to deal with life’s challenges. (page 58)

OA 12&12, excerpts from Steps 5 and 6.

Other Readings:

“Here are thousands of men and women, worldly indeed. They flatly declare that since they have come to believe in a power greater than themselves, to take a certain attitude toward that Power, and to do certain simple things, there has been a revolutionary change in their way of living and thinking. ... Leaving aside the drink question, they tell why living was so unsatisfactory. They show how the change came over them.”

AA Big Book, 3rd Edition, pages 50 & 51.

“So for today...I choose to make decisions that will lead to better health and more enjoyment of the people in my life.”

Lifeline, July 2011, page 8.

“God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons.”

AA Big Book, 3rd Edition, page 133.

“He must see the danger of over-concentration on financial success. Although financial recovery is on the way for many of us, we found we could not place money first. For us, material well-being always followed spiritual progress; it never preceded.”

AA Big Book, 3rd Edition, page 127.

Journal Ideas

One Life Skills area I want to work on is.....

Action Plan Worksheet- Category: Life Skills Sub-Category: (circle 1)
Organize Home, Finances, Medical, Dental, Mental Health, Other?

My action item is:

<p>Strategic</p> 	<p>Does it support your recovery? Explain How</p>	
<p>Measureable</p>	<p>How Do I know (ongoing) that I have taken that action? (not the outcome! The action, itself)</p>	
<p>Achievable</p>	<p>Could I REALLY do this or am I setting myself up for failure?</p>	
<p>Resources?</p>	<p>Realistically, do I need other resources besides myself? Other people, Money, Time, Expertise, etc. List them</p>	
<p>Time-Based</p>	<p>Your action item must include the word “per” as in “two times <u>per</u> week” (or something similar)</p>	



Selected Readings: Balance

“If abstinence is not first, I will lose it. Everything that interferes with it must go.”
Overeaters Anonymous, 2nd Edition, page 171.

“When I read this idea, I often bristle, Wait a minute, I think. God has put many roles in my life. I’m a wife, mother, sister, friend, employee. I have a home to run, family to coordinate, job to manage. Surely, it is God’s will for me that I use my energy, time, and talents to fulfill these obligations. If I put abstinence first, it could be at the expense of some other important activity. If I pray and meditate in the morning, my children will have to fix their own breakfasts. If I go to a noon meeting, I won’t be able to run an office errand during my lunch break. If I take the time after work to call my sponsor and take calls from my sponsees, my husband may need to start dinner.

“I have come to realize over my years in program that if I don’t do these activities that support and maintain my abstinence, I may lose my abstinence. If that happens, I will become the pitiful, unattractive, unhappy person I was before coming to OA. My loving family and friends remember that person and willingly share tasks that free me to do those program activities that maintain my abstinence.

“We all like the new me better than the old me. God bless them and me as I continue to make abstinence the most important thing in my life. Without abstinence, I have no life.”

Voices of Recovery, April 25th, page 116.

Other Readings:

“To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy.”
AA Big Book, 3rd Edition, page 96.

“But those of us who have tried to shoulder the entire burden and trouble of others find we are soon overcome by them.”
AA Big Book, 3rd Edition, page 132.


“Everybody knows that those in bad health, and those who seldom play, do not laugh much. So let each family play together or separately, as much as their circumstances warrant. We are sure God wants us to be happy, joyous and free.”
AA Big Book, 3rd Edition, page 133

Journal Ideas

What is the major roadblock to balance in my life?

Action Plan Worksheet- Category: Balance, Sub-Category: Family, Relationships, Program/Service and Life. Any others?

My action item is:

<p>Strategic</p> 	<p>Does it support your recovery? Explain How. If it NEEDS to be done (and feels like it will take me from recovery) then how can I make this support my recovery?</p>	
<p>Measureable</p>	<p>How Do I know (ongoing) that I have taken that action? (not the outcome! The action, itself)</p>	
<p>Achievable</p>	<p>Could I REALLY do this or am I setting myself up for failure? (Or, if it needs to be done....how can I make sure I can handle whatever I need to handle?)</p>	
<p>Resources?</p>	<p>Realistically, do I need other resources besides myself? Other people, Money, Time, Expertise, etc. List them</p>	
<p>Time-Based</p>	<p>Your action item must include the word “per” as in “two times <u>per</u> week” (or something similar)</p>	



Selected Readings: Meditation & Relaxation

“When we retire at night, we constructively review our day..... On awakening let us think about the twenty-four hours ahead. In thinking about our day we may face indecision. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy..... 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... As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.”
AA Big Book, 3rd Edition, pages 86&87.

“What do we say when we talk with God? We say whatever we feel like saying. ... There are many wonderful prayers available that over the centuries have nourished those seeking spiritual growth. As we say these prayers day after day and think about their means for us in our present circumstances, we are beginning to practice meditation as well, though we may not realize it.

OA 12&12, page 93.

Other Readings:

“The acronym HALT is often used in OA as a warning to beware of certain emotions that may trigger our compulsive overeating. ... As a woman who has suffered depression, my trigger is tiredness. ... How do I overcome the tiredness syndrome? Program has taught me to use TLC on myself. When I first came to OA, taking good care of myself was an alien idea. ... Once I begin to love myself, I become more willing to do whatever it takes to become the person God means me to be.

“Today I am that person, and I’m very willing to give myself lots of TLC. ... Maintaining conscious contact with my Higher Power through prayer and meditation is also TLC.”

Lifeline, November 2007, page 11.

“When I examine my actions and ask God’s forgiveness at night, I sleep well and wake up rested, without baggage from the previous day.”


Seeking the Spiritual Path, A Collection From Lifeline, pages 118&119.

<i>Journal Ideas</i>

How would my life be better with meditation and relaxation?

Action Plan Worksheet- Category: Meditation & Relaxation, Sub-Category: Time for meditation, prayer, relaxation, self-care, quiet time, etc.

My action item is:

<p>Strategic</p> 	<p>Does it support your recovery? Explain How. If it NEEDS to be done (and feels like it will take me from recovery) then how can I make this support my recovery?</p>	
<p>Measureable</p>	<p>How Do I know (ongoing) that I have taken that action? (not the outcome! The action, itself)</p>	
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Selected Readings: Fitness

(Fit ourselves for maximum service)

“God is not my arms and legs. It is up to me to do the footwork. Ours is a program of action”.

For Today Pg 136

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”

AA Big Book pg 77

“Do not consider painful what is good for you” For Today Pg 176

“My weight loss results from actions I am willing to take, not from asking God to remove my fat or help me lose weight.”

Voices of Recovery Pg 318

“God finds many ways to help people through us as long as we are willing to do what we can, when we can, and keep ourselves on the path of spiritual progress. ...As we’ve worked the first eleven steps, the principles embodied in them have begun to replace our old way of life, which centered on self and compulsive eating. In step twelve we confirm that we have turned our backs on the old ways forever. ...Those of us who live this program don’t simply carry the message; *we are the message*. Each day that we live well, *we are well* ...”

OA 12&12, pages, 103&106.


Journal Ideas

How does a physical fitness plan help me fit myself for better service? What additional ways would I like to /be able to give service if I had more physical recovery?

This document was created by Pikes Peak Serenity Intergroup in Colorado Springs, CO. If you would like an editable version of this document (or parts of this document) please email cherylr7777@gmail.com.

Action Plan Worksheet- Category: Fitness, Sub-Category: Cardio Exercise, Strength Exercise, Other Body Work, Other Ways to help us “fit ourselves for maximum service”.

My action item is:

<p>Strategic</p> 	<p>Does it support your recovery? Explain How. If it NEEDS to be done (and feels like it will take me from recovery) then how can I make this support my recovery?</p>	
<p>Measureable</p>	<p>How Do I know (ongoing) that I have taken that action? (not the outcome! The action, itself)</p>	
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