

## UA Newcomer Response Package

Hi, and welcome to UA! This is what we suggest. Since the disease is so based on different levels of self-abuse, self-indifference, and massive wasting of time, the UA actions are really about different levels of self-care. So, it's about growing a new strand of sanity every week, which, begins to improve functional decisions, quality of thinking, and new prosperity decisions!

1. **Start using your timesheet** in a relaxed manner. The temptation to do it perfectly should always be avoided as it's about progress, not perfection. You can use any timesheet on the UA website or make up your own.

### Sample day activities:

**B: Business:** Job 9-5

**S: Service:** 12-Step calls, meetings, etc. 6:00 PM to 8:30 PM

**R: Recreation:** Pantomime, Clog dancing, Archery practice, pet decoration. 9-10 PM

**V: Vision:** Writing the screenplay, starting the dog walking service, taking the course to become a Notary. 10-11 PM

**SC: Self-Care:** A mud facial, massage, dentist appointment, Botox injection, isolation tank session, a nap, primal screaming, etc. 7-9 PM

**Then simply total up the hours per day and congratulate yourself on being willing to be willing!**

**Throw out any items that do not serve you** on a weekly or monthly basis such as a cup that is chipped or a toaster where only half the elements actually toast the bread.

**Go to as many UA phone meetings** or face-to-face meetings as possible!

Get a ~~DA~~ **UA action partner** and choose **an action each week that you're a little uncomfortable doing**, be it a phone call, updating your resume, job interview, etc.

Write a **weekly goals page**. Commit to at least one to four actions per week and do as many as possible! What you don't do this week, update to the next, and print them out and of course, Email them to your action partner. In fact, two action partners are better than one!

**Example of a UA Weekly Goal Page:**

Week of March 7th:

- Call Seminar booker.
- Meet with a web designer for a new video file for my site.
- Go to a networking event.
- Total** weekly time categories.

Get hold of an **AA 12 & 12** [*Twelve Steps and Twelve Traditions*] and read Step One, replacing Drinking with Underearning and sobriety with prosperity. Ask anyone who has worked the steps in **UA** ~~any 12-step program~~ to sponsor you.

Do You Think You Might Be a Compulsive Underearner?

Most compulsive underearners answer “yes” to at least eight of the following questions.

YES	NO	
		Do you have little, or no money left over at the end of the month?
		Do you keep possessions that do not fully work or clothes that are threadbare?
		Do you cycle from under-working to over-working?
		Do you dislike your work, but take no actions to improve it?
		Do you sabotage new income or work ideas?
		Do you see the gross and not the net?
		Do you feel you'll always have to do work you don't like to survive?
		Are you filling up your free time with endless chores?
		Do you fear asking for a raise?
		Is it frightening to ask for what you know the market will bear for your goods or services?
		Are you afraid of spending money but sometimes go on a buying binge?
		Are you afraid that if you spend money, no more will come in?
		Do you feel you'll never have enough?
		Do you believe money will solve all your problems?

How did you score?

If you answered yes to eight or more of these questions, you most likely have a problem with compulsive underearning or are on your way to having one. If this is true, today can be a turning point in your life.

One road, a soft road, leads to misery, depression, anxiety, and in some cases mental institutions, prison, or suicide. The other road, a more challenging road, leads to prosperity, self-respect, and personal fulfillment. We urge you to take the first difficult step onto the more solid road now.

## UA Time and Self-Care Recording Sheet:

B

V

R

S

SC

B

V

R

S

SC

B

V

R

S

SC

B

V

R

S

SC

B

V

R

S

SC

~~UA Earning Plan~~ CONSCIOUSNESS CHECKLIST

Month \_\_\_\_\_

Week \_\_\_\_\_

Goal \_\_\_\_\_

Over \_\_\_\_\_

Under \_\_\_\_\_

Prosperity consciousness checklist:

\_\_\_\_\_ Did you pray and meditate?

\_\_\_\_\_ Did you go to a phone or face to face UA meeting?

\_\_\_\_\_ How many hours did you spend working?

\_\_\_\_\_ Are you working the steps?

\_\_\_\_\_ Did you take breaks when you needed them?

\_\_\_\_\_ Did you prepare your work adequately?

\_\_\_\_\_ Did you arrive on time?

\_\_\_\_\_ If you had scary actions to take, did you reach out to another person in the program?

\_\_\_\_\_ Did you use any relaxation techniques?

\_\_\_\_\_ Did you keep a relaxed record of your time?

\_\_\_\_\_ Did you do something for fun?