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Underearner’s Anonymous - Action Meeting Format I:

Developing a Prosperity Vision and Initial Action Steps

We organize action meetings with other UA members to discuss our earning concerns and generate actions that will bring more prosperity into our lives. from the UA Tools

This is a guideline for an Action Meeting, designed to facilitate two people helping a third to express his or her prosperity concerns and, then, to generate specific actions based on those concerns. Use whatever best serves your group and the individual you’ve come together to support.



- ❖ **“We” version of the Serenity Prayer** or the Third Step prayer (reprinted at the end) can be appropriate -- or the person for whom the Action Meeting is being held may read or recite something of his or her choosing.
- ❖ **Read a prayer or statement of intent** or something you feel is relevant from UA or Twelve Step Literature, before you begin your work together.
- ❖ **Brainstorm — What does prosperity look like to you?**

17 ➤ Write or say as many words, concepts, or images that come to mind. (your

18 action partners may “scribe”) 2-3 min.

19 These are your Prosperity Elements.

20 ➤ When complete, read the list of your Prosperity Elements.

21 ➤ Go back and circle the items that are the most important.

22 ➤ Share anything you like about the list with your action partners.

23 ➤ What did you leave out? Add any additional items and explain.

24 ❖ **Define three Prosperity Categories**

25 ➤ What three categories could include all, or most, of your prosperous elements listed.

26 Discuss if necessary.

27 ➤ On the second sheet of paper, make three columns and write one category at the
28 top of each column.

29 ➤ List all the items from your prosperity list under the appropriate category ❖

30 **Next, Define Actions ...**

31 **Underearner’s Anonymous - Action Meeting Format I:**

32 Developing a Prosperity Vision and Initial Action Steps

33 ❖ **Define Actions ...**

- 34 ➤Based on your three categories and the prosperous elements listed under each.
- 35 ➤Create actions for each category.
- 36 ➤On the third sheet of paper, create your three columns again and write Actions you could
- 37 take under each category.

38 **Serenity Prayer – We version:**

39 *“God, grant us the serenity to accept the things we cannot change, Courage to change*

40 *the things we can, and Wisdom to know the difference.”*

41 **Taken from the Third Step Prayer:**

42 *God, I offer myself to you—to build with me and to do with me as you will. Relieve me of the*

43 *bondage of self, that I may better do your will. Take away my difficulties, that victory over them*

44 *may bear witness to those I would help of your power, your love, and your way of life. May our*

45 *work here together be guided by God’s will.*

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ACTION MEETING FORMAT II:

Addressing Specific Concerns and Generating Action Steps

We organize action meetings with other UA members to discuss our earning concerns and generate actions that will bring more prosperity into our lives. from the UA Tools

This is a guideline for an Action Meeting, designed to facilitate two people helping a third to express his or her earning concerns and, then, to generate specific actions based on those concerns. Use whatever best serves your group and the individual you've come together to support.

1. SERENITY PRAYER - Participants recite the "WE" version.

2. BRIEF RELEVANT READING

- a. Selected Step prayer and/or brief relevant reading from *Twelve and Twelve*, *Big Book*, or other *Twelve Step Literature*.

3. PREVIOUS ACTION GROUP UPDATE: if there has been a previous action group meeting, review agreed-upon actions, and status.

4. HOPES FROM THIS ACTION GROUP MEETING?

- a. _____ to share what she/he hopes to gain from this meeting.
- b. Partners to make list and read back. Review with _____.

5. FINANCIAL PRESSURES

a. ROUTINE CURRENT FEARS AND CHALLENGES

- i. "what is the #1 challenge, concern, and/or fear?"

1. Outline specifics of the present situation and concerns

2. Make a list.

3. Discuss specifics to clarify and gain specificity.

69 4. Discuss the nature of fear (or other negative emotions that are
70 prevalent) and its (their) opposite(s). Ask, “What is the
71 opposite of fear for _____.” etc.

72 5. Partners offer their perspective, and experience in order to help
73 clarify the concerns.

74 6. (Do not get led into offering suggestions or actions at this
75 point).

76 6. PROSPERITY GOALS

77 a. Outline elements of your prosperity goals.

78 i. What does your prosperous Vision look like?

79 b. How are the concerns and fears expressed above impeding this Vision? c. What can
80 help with prosperity consciousness?

81 7. STEP WORK UPDATE

82 a. How can Step work be applied (or, how does it apply) to the current fears and challenges?

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84 ACTION MEETING FORMAT II:

85 Addressing Specific Concerns and Generating Action Steps

86 i. Is there a relationship between the present fears and the Step work? What Step
87 work could be applied to the current fears?

88 b. Partners reflect what they hear, and ask questions.

89 c. Discuss possible actions in this regard.

90 **8. ACTIONS**

91 a. What actions are indicated for _____, considering:

92 i. concerns, challenges, and/or fears?

93 ii. prosperous Vision

94 **iii.** Step work

95 b. _____ to suggest possible action items for each fear or challenge listed

96 above.

97 c. Action partners to reflect and make suggestions.

98 i. Review possible UA tools, disciplines, and daily/weekly actions that could apply.

99 d. Make a list of specific, doable actions.

100 **9. SOME GOOD NEWS**

101 a. _____ to report on what is currently going well; accomplishments, signs of

102 recovery, challenges met, changes, etc.

103 **10. GENERAL DATE FOR NEXT ACTION GROUP MEETING 11.**

104 **Serenity Prayer (or “Put your hand in mine” prayer)**

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