

UA Earning Plan

Month _____

Week _____

Goal _____

Over _____

Under _____

Prosperity consciousness check list:

_____ **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 program?**

_____ **Did you use any relaxation techniques?**

_____ **Did you keep a relaxed record of your time?**

_____ **Did you do something for fun?**