

# My Daily Routine

My goal in life is to live an emotionally and spiritually, happy, healthy and peaceful life of ease, filled with love, kindness, courage, compassion, safety and the belief that I am enough, I am lovable and I am loved.

When I wake up in the morning I do the following:

- I wish my Higher Power good morning
- I thank my Higher Power for this day
- I thank my Higher Power for my life
- I go inside and look for 3-5 things that I am grateful for in the moment. I do my best not to repeat the same things all the time but rather to look for recent things that have made me feel grateful.
- I go through the 12 Steps in my head (see other document)

At any time during the day that I feel unsettled in any way I stop and ask my Higher Power to help me to get clear about what is bothering me. If I discover that I am having trouble accepting something I ask my Higher Power to please help me to accept whatever it is that I am struggling with, remembering that accepting something does not mean that I have to like it. I do not move on to the 12 Steps until I feel able to accept this thing, which may mean working on acceptance throughout that and subsequent days. Once I have been able to accept in my heart, not just in my head, I begin to work the 12 Steps on the particular issue. I do that in my heart and head if that is working for me and, if not, I write it.

When I am having difficulty accepting something I often turn to the AA Acceptance Prayer:

From page 417 of *The Big Book of Alcoholics Anonymous*:

And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Note: This may be on other pages in other editions of the AA Big Book