

Action Meeting Format II: Addressing Specific Earning Concerns and Generating Action Steps

"We organize action meetings with other UA Members to discuss our earning concerns and to generate actions that will bring more prosperity into our lives."

—from the UA Tools

This is a guideline for an Action Meeting, designed to let two people help you express your earning concerns and to generate specific actions based on those concerns. Use the suggestions that best serve you and the action team that has come together to support you.

Begin with prayer or meditation

- The "We" version of the Serenity Prayer or the Third Step Prayer can be appropriate, or you can read or recite something else of your choosing.
- Read a statement of intent, or something you feel is relevant from UA or Twelve Step Literature, before you begin your work together.

What are your hopes from this meeting?

- In two to three minutes, share what you hope to gain from this meeting, while your action team writes the list.

Provide an action update

- If you have had a previous action meeting, review the actions you agreed upon, and the status of each.
- Report on what is currently going well in your life—accomplishments, signs of recovery, challenges met, positive changes, etc.

Financial pressures/current fears and challenges

- Make a list of the challenges, concerns and/or fears you are facing in your current situation; identify your #1 concern.
- Discuss the specifics of each; your action team may ask questions to gain clarity, but will not suggest actions at this point.
- Discuss the nature of your fears (or the other negative emotions that you are facing), and their opposites. Ask, "What is the opposite of fear for . . . ?"
- Your action team may also offer their perspective, or experience in order to help clarify your concerns and fears.

Prosperity goals

- Outline elements of your prosperity goals—what does your Prosperity Vision look like?
- How are the concerns and fears expressed above impeding your vision?
- What can help with prosperity consciousness?

Step work update

- Discuss how step work can be applied (or, how does it apply) to your current fears and challenges?
- Is there a relationship between your present fears and your Step work?

Next, define actions

- Discuss with your action team what actions are indicated for you, making a list of specific, doable actions that you can undertake between now and your next action meeting.
- Consider actions for each of your concerns, challenges and/or fears, your Prosperity Vision and your step work.
- Your action team may also suggest possible UA tools, disciplines, daily or weekly actions that could apply.

Close with prayer or meditation

- Once again, the Serenity Prayer or the Third Step Prayer or another prayer or meditation of your choosing.

Next meeting

- Agree with your action team on the date and time and location of the next meeting.