

# UNDEREARNERS ANONYMOUS

## Action Meeting Format 1: Developing a Prosperity Vision and Initial Actions

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*"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 prosperity vision**, and to generate specific actions based on that vision. 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 (see over) 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.

### Brainstorm—What does prosperity look like to you?

- In two to three minutes, write or say as many words, concepts or images that come to mind. (Your action team may "scribe.")
- These are your Prosperity Elements.
- When complete, read the list of your prosperity elements.
- Go back and circle the items that are the most important to you.
- Share anything you like about the list with your action team.
- What did you leave out? Add any additional items and discuss.

### Define three Prosperity Categories

- What three categories could include all, or most, of your prosperity elements listed? Discuss if necessary.

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### Define three Prosperity Categories

- What three categories could include all, or most, of your prosperity elements listed? Discuss if necessary.

- On a second sheet of paper, make three columns and write one category at the top of each column.
- List all the items from your prosperity list under the appropriate category.

**Next, define Actions**

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

**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.



**SERENITY PRAYER**

*“God, grant us Serenity to accept the things we cannot change, Courage to change the things we can and Wisdom to know the difference.”*

**TAKEN FROM THE THIRD STEP PRAYER:**

*“God, I offer myself to you—to build with me and to do with me as you will. Relieve me of the bondage of self, that I may better do your will. Take away my difficulties, that victory over them may bear witness to those I would help of your power, your love and your way of life. May our work here together be guided by God’s will.”*



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# UNDEREARNERS ANONYMOUS

## Action Meeting Format 2: Addressing Specific Earning Concerns and Generating Action Steps

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- 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.

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- 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**

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# UNDEREARNERS ANONYMOUS

## Visions, Goals & Actions Worksheet

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*"We set goals for all aspects of our lives, write them down, measure our progress and reward achievement.."*

—from the UA Tools

This worksheet is intended as a catalyst, a way to begin, not a prescription to be followed exactly. You can use all or only parts of the process, as they best serve you, to help you recover from Underearning.

### Your Vision

- What are the key ingredients of your Vision? Think about the concepts and principles that you value, and the material results you expect from achieving your vision.
- Take a sheet of paper and make a list, as long as you like, of all the things that are significant to you.
- If you are not sure where to begin, remember, you are not alone! Go to meetings and listen to the visions of other members, talk to your sponsor and your action partners, read Program literature for inspiration.
- Go back over your list and circle the elements that are most important to you—the major themes that sum up other items on the list.
- Take a new sheet of paper, and write out the things you have circled; try to fit them together into sentences.
- Read what you have written aloud, and adjust it until you have a short paragraph that sounds natural to you.
- This is your Vision Statement for today—it does not have to be perfect, and it will evolve as you grow in recovery and as you accomplish your goals.

### Goals

- Pick out three to five categories for your goals. These will likely match elements of your vision.
- Here are some examples to think about: Vision; Earning Related; Service; Self-Care, Regeneration or Recreation; Creative; Family & Friends.
- Label a new sheet of paper with each goal category, and write a brief statement or affirmation of it.

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- Label a new sheet of paper with each goal category, and write a brief statement or affirmation of it.

- List any and all goals that occur to for that category. Include those that seem impossible to you right now—this demonstrates faith in your Higher Power!
- As always, you are not looking for perfection. You will revisit this list often as you measure progress against your goals, adding or editing items as your path towards your Vision unfolds to you.

**Actions**

- Don't try to tackle every goal right away. In each category, circle one or two goals where do you feel energy or motivation to begin.
- For each goal you have circled, write it out on a new sheet of paper. You don't have to list actions for all these goals yet, just give each its own "territory."
- When you are ready, list the actions necessary to proceed towards that goal—as many and in as much detail as you can. Do not be daunted if nothing occurs to you or you cannot see the whole path—just do what you can to begin!
- Again, you are not alone—ask for support! Talk to your sponsor; use your action partners; arrange an action meeting to brainstorm. What are the actions required to accomplish the goals you choose to work on for now?

**Living Your Vision**

- As you approach the actions on your list, once again, use the tools of the Program!
- Break large actions down into the small, achievable steps, and apply timeframes or deadlines when possible.
- "Bookend" difficult actions with others: call before you begin and after you have completed the action step.
- Code actions on your timesheet against your goal categories, to help you see how you are working to manifest your Vision in your life.
- And don't forget to reward yourself for achieving goals!



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