



Living Joyfully through the Twelve Steps

Purpose : Inspire, Connect, Share, Support,
Reflect, Collaborate, Set an Intention

My word is: _____

Principles of the Steps

Step One	Honesty
Step Two	Hope
Step Three	Surrender
Step Four	Courage
Step Five	Integrity
Step Six	Willingness
Step Seven	Humility
Step Eight	Love
Step Nine	Responsibility
Step Ten	Discipline
Step Eleven	Awareness
Step Twelve	Service

Ways We Experience Joy

Joy in Early Recovery
Joy in Service
Joy in a New Experience
Joy in Action
Joy in Surrender
Joy in Sponsorship
Joy in Relationships
Joy in God and Faith
Joy in Connection
Joy in Community
Joy in Growth
Joy in Freedom

"The joy of living is a theme of AA's Twelfth Step, and action is the key word."

12 Steps and 12 Traditions, *Step Twelve*, p. 106

"We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed. The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe."

Alcoholics Anonymous, *There Is a Solution*, p. 25

"If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us--sometimes quickly, sometimes slowly. They will always materialize if we work for them."

Alcoholics Anonymous, 9th Step Promises, *Into Action*, p. 83-84

Joy - Words of Inspiration

*Resilience, Hope, Connection, Positivity, Support, Progress, Growth, Celebration,
Connectedness, Gratitude, Light, Uplifting, Everlasting, Spiritual, Fulfillment*



- In what ways have I felt joy in recovery?
- Am I experiencing joy in my life right now? Scale of 0-10
- Where could I experiencing more joy?
- Is there anything holding me back?
- What fears do I have that hold me back from feeling joy?
- What actions could I take today (or path of action) that would help me feel more joy?
- Who do I need to speak with or share with?
- What do I need to start doing today to feel more joy?
- What adjustments to my attitudes and mindset will help me feel more joy?
- What tools can I practice to help me feel more joy? *ie. gratitude list, reframe my thoughts, pray, take specific action, adjust expectations, serenity prayer*

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