

Action Difficulty Levels Continuum

Daily Self-Evaluation Tool

Little/No Change ————— My “All”

Level 1 Action	Level 2 Action	Level 3 Action	Level 4 Action	Level 5 Action
<p>Listening, reading, & observing</p> <p>Thinking and reading does not change character. It only teaches how or what to do. Even though we need to know what to do and it feels helpful to learn, we will still need to act in order to experience change.</p> <p>Nothing improves if nothing improves.</p>	<p>Simple Starts</p> <p>Set simple achievable action steps, (go to a meeting, call/talk to someone, get real/be honest)</p> <p>There are many things we are fully capable of doing.</p> <p>“Two-Step” Work Admit there is a problem and try to help others.</p>	<p>Do ‘some’ Steps</p> <p>Decide to take action upon some of what the book says to do.</p> <p>This can be using the 12 steps to get out of trouble.</p> <p>This level can use groups or meetings to vent frustration or catharsis.</p> <p>Steps are worked partially for help from resentment, fear, anxiety, and unwanted behaviors or feelings.</p> <p>Trust God when things get bad enough.</p>	<p>Trusting God</p> <p>Daily seeking to do God’s will and acting with it.</p> <p>Feeling God’s good through experiences.</p> <p>Speaking and acting differently by and through spiritual principles.</p> <p>Daily focus upon doing the next right thing.</p> <p>Sharing spiritual experiences with others.</p>	<p>Demonstration of spiritual improvement</p> <p>Having been spiritually transformed over time others will have witnessed our transformation.</p> <p>We share real stories about our experience through the various levels of action. We empathize and encourage others at all levels.</p> <p>We continue to apply ourselves with new action for further growth.</p>