

Work It; You Are Worth It

Thursdays – 7:00 pm – 8:30 pm EST

Opening Section

1. Good evening and welcome to Work It; You Are Worth It. My name is _____ and I am your meeting leader tonight. We ask those with cell phones to turn them off or to silence them for the duration of the meeting, so we can keep our focus on the meeting without interruptions.
2. Please help me open this meeting with a moment of silence followed by The Serenity Prayer.

The Serenity Prayer

God, grant me the Serenity
to accept the things, I cannot change.
Courage to change the things I can.
and Wisdom to know the difference.
Grant me Patience with the changes that take time.
Appreciation of all that I have
Tolerance of those with different struggles, and
the Strength to get up and try again One Day at a Time.

Announcements Section

1. Our meeting will begin at 7:00 pm and will end at 8:30 pm EST.
2. We welcome any newcomers. If you are comfortable, raise your hand and introduce yourself.
3. Donations will be used to cover the cost of Zoom, the Work It; You Are Worth It podcast and the website.

PayPal – paypal.me/dawnroush0103
Venmo – @Dawn-Roush-2
Cash App - \$DawnRoush
Zelle – dawnelizabeth@hotmail.com

Guides to Sharing

As we pursue our healing, it is important for each of us to share, as we are able. Many of us find speaking among others a difficult task. It is the intention of our group not to ridicule or embarrass anyone. Nothing that is shared is unimportant or stupid. The sharing of our experiences is best done with “I” statements.

In our meeting, we speak about our own experience, and we listen to what others share. We work toward taking responsibility in our own lives. We can refer to previous shares or ask people how they handled a situation. Some may share their experience, strength and hope on what has been said.

The intention of this meeting is to provide direct feedback and create healthy conversation.

4. Experience has shown it is more productive to discuss solutions rather than problems. If we share the positives and solutions, we are more likely to leave the meeting feeling optimistic and hopeful.
5. We do not use a timer, we just ask you to be mindful of others’ and keep your shares to 5 min or less.
6. Does anyone want to kick the meeting off?

Closing Section – Start at 8:25 pm

1. As we bring this meeting to a close, I would like to remind you this is an anonymous meeting. We ask that you respect the anonymity and confidentiality of each person in this meeting. We ask who you see here, what is said here, when you leave here, let it stay here.
2. Please join us in closing the meeting with The Serenity Prayer.

The Serenity Prayer

God, grant me the Serenity
to accept the things, I cannot change.
Courage to change the things I can.
and Wisdom to know the difference.
Grant me Patience with the changes that take time.
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Tolerance of those with different struggles, and
the Strength to get up and try again One Day at a Time.

Keep coming back, it works if you work it and Work it: You Are Worth It.