

12 Steps On The PATH To Freedom

Step Eleven

28

1. Look up the words and write definitions for:

prayer_____

meditation_____

contemplation_____

mindfulness_____

2. Read and highlight in the Big Book from the bottom of page 85 to 88.

3. Read and highlight Step Eleven in the Twelve Steps and Twelve Traditions. (www.12stepspath.com/homework (12&12 PDF)

4. Write an outline of the process for Step Eleven as described in the Big Book

OPTIONAL Bonus Wisdom:

LISTEN/WATCH: Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE STEP ELEVEN (SESSION 43)