

Simple Wisdom Worksheet

There are many slogans found in the rooms of 12-Step recovery, both hanging on the walls and coming from the mouths of wise old-timers. At first, these might seem trite and too simplistic to be applied to our complex lives and minds. However, you may discover that some of these sayings speak to you in a particular way on your recovery journey. If you've been around long enough, many of these are likely familiar to you. Add to the list others that come to your mind or are brought up by fellow group members.

- *Live and Let Live*
- *Let Go and Let God*
- *Easy Does It*
- *One Day at a Time*
- *Progress, Not Perfection*
- *First Things First*
- *Do the Next Right Thing*

For this exercise, write a description of what some of these common slogans mean to you. How is the slogan helpful, and how can you apply it to your life to make spiritual progress? Some of these sayings may overlap. Do not feel the need to describe each one, but more importantly, find a few slogans that resonate with you and might serve as a useful spiritual tool. There is room for you to add additional phrases.

Live and Let Live

My interpretation: _____

How I can apply to my life: _____

Let Go and Let God

My interpretation: _____

How I can apply to my life: _____

Easy Does It

My interpretation: _____

How I can apply to my life: _____

One Day at a Time

My interpretation: _____

How I can apply to my life: _____

Progress, Not Perfection

My interpretation: _____

How I can apply to my life: _____

First Things First

My interpretation: _____

How I can apply to my life: _____

Do the Next Right Thing

My interpretation: _____

How I can apply to my life: _____

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My interpretation: _____

How I can apply to my life: _____

My interpretation: _____

How I can apply to my life: _____
