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| Step 3 Made a decision to turn our will and life over the care of God as we understood God. 3.J Healthy Living |
| As we turn our will and our lives over to a higher power, that brings up the question of what is healthy living? What does it really mean to turn our will and our lives over? |
| What has not been healthy in my life? (work, relationships, money, drink, smoke, etc.)  |  |
| What would I need to do to turn that over to a Higher Power? |  |
| What are my goals in life? For work? For relationships? Etc. |  |
| How have I been choosing goals for my life? |  |
| Am I caring for myself and those I love? Am I in balance? |  |
| How am I caring for those I love and how would you describe the balance in those relationships? |  |
| What has kept me from living the way I want to be (fears, shame, guilt, etc.)? |  |
| What do I need to turn over to a Higher Power in order to be living the way that Higher Power wants for me? |  |

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