

A Word To Newcomers

If you are having problems earning and think you may be a compulsive underearner, we believe you have come to the right place and this program can help you.

We suggest that you attend at least six meetings so that you have time to identify with the speakers, begin to absorb the UA concepts, learn more about the program, and talk to other people in UA.

UA is a program of actions, and we strongly recommend that after you have attended six meetings, you find a man and a woman in UA to hold an action meeting.

We encourage you to read UA literature, including the Twelve Steps and Twelve Traditions of UA, along with the Symptoms of Underearning and the Tools we use as guardrails against the symptoms.

More Information

You can learn more about Underearners Anonymous at:

<http://www.underearnersanonymous.org>

And you can find out about other meetings and events in the tri-state New York, New Jersey and Connecticut area at:

<http://ua-ny.org/>

STEPPIN' OUT

Newcomers Guide

Meeting Format:

Week 1:	Steps
Week 2:	Goals
Week 3:	Steps
Week 4:	Visions
Week 5:	Steps

Contents

- Introduction
- Visions, Goals & Actions Worksheet
- A Word To Newcomers

Wednesdays, 12:30–1:30pm

St. Bart's Church, 325 Park Avenue
50th & 51st Streets

Introduction

At this meeting, we focus on **Steps, Visions and Goals**.

In recovery, we learn to take **one day at a time, one step at a time**. The goals we set ourselves are the steps by which we achieve our visions, just as our actions are the steps we take to help us achieve those goals.

The first and third weeks of the month are **Step Meetings**, where we read from the book, “**Twelve Steps & Twelve Traditions**,” and share about what we have read. Those of us who are working the Steps share about our progress and the insights we have gained from this work.

The second week is a **Goals Meeting**: we share **our top goals**, what **actions we have taken** since we last checked in, and what **actions we are planning** to take before we next check in. While many of us have some long term goals, at this meeting we focus on our intermediate goals—the two to four things we aim to accomplish over the next one to four months. This keeps us focused on the things that will have the most immediate impact in our lives.

The fourth week is a **Vision Meeting**: we share on our vision for our life. A full vision statement may incorporate all aspects of our lives, but at this meeting, we focus on the **income-related components** of our visions.

And at all our meetings, we are welcome to share about **burning issues**, or other topics that are important to us in our recovery.

If you have not worked on your vision or your goals before, or if you need some guidance, then we recommend that you follow the suggestions in UA’s **Visions, Goals & Actions Worksheet**, which is included below.

Visions, Goals & Actions Worksheet[†]

“We set goals for all aspects of our lives, write them down, measure our progress and reward achievement..”

—from the UA Tools

This worksheet is intended as a catalyst, a way to begin, not a prescription to be followed exactly. You can use all or only parts of the process, as they best serve you, to help you recover from Underearning.

Your Vision

- What are the key ingredients of your Vision? Think about the concepts and principles that you value, and the material results you expect from achieving your vision.
- Take a sheet of paper and make a list, as long as you like, of all the things that are significant to you.
- If you are not sure where to begin, remember, you are not alone! Go to meetings and listen to the visions of other members, talk to your sponsor and your action partners, read Program literature for inspiration.
- Go back over your list and circle the elements that are most important to you—the major themes that sum up other items on the list.
- Take a new sheet of paper, and write out the things you have circled; try to fit them together into sentences.
- Read what you have written aloud, and adjust it until you have a short paragraph that sounds natural to you.
- This is your Vision Statement for today—it does not have to be perfect, and it will evolve as you grow in recovery and as you accomplish your goals.

Goals

- Pick out three to five categories for your goals. These will likely match elements of your vision.
- Here are some examples to think about: Vision; Earning Related; Service; Self-Care, Regeneration or Recreation; Creative; Family & Friends.
- Label a new sheet of paper with each goal category, and write a brief statement or affirmation of it.
- List any and all goals that occur to for that category. Include those that seem impossible to you right

now—this demonstrates faith in your Higher Power!

- As always, you are not looking for perfection. You will revisit this list often as you measure progress against your goals, adding or editing items as your path towards your Vision unfolds to you.

Actions

- Don’t try to tackle every goal right away. In each category, circle one or two goals where do you feel energy or motivation to begin.
- For each goal you have circled, write it out on a new sheet of paper. You don’t have to list actions for all these goals yet, just give each its own “territory.”
- When you are ready, list the actions necessary to proceed towards that goal—as many and in as much detail as you can. Do not be daunted if nothing occurs to you or you cannot see the whole path—just do what you can to begin!
- Again, you are not alone—ask for support! Talk to your sponsor; use your action partners; arrange an action meeting to brainstorm. What are the actions required to accomplish the goals you choose to work on for now?

Living Your Vision

- As you approach the actions on your list, once again, use the tools of the Program!
- Break large actions down into the small, achievable steps, and apply timeframes or deadlines when possible.
- “Bookend” difficult actions with others: call before you begin and after you have completed the action step.
- Code actions on your timesheet against your goal categories, to help you see how you are working to manifest your Vision in your life.
- And don’t forget to reward yourself for achieving goals!

[†] Text reproduced from the UA Action Cards.