12 STEPPERS

Step 11 Worksheet

A Daily Prayer and Meditation Guide

Turn prayer and meditation into a simple routine you can keep, with a page for the morning, a pause for the middle of the day and a few minutes at night. For AA, NA, Al-Anon, OA, CoDA and other 12 step programs.

What's inside

Before You Begin. The Big Book's Step 11 directions

Part 1. Step 11 Questions

Part 2. Morning Page, with a filled-in example (print as many as you need)

Part 3. The Daytime Pause card and log

Part 4. Evening Page, to use after your nightly inventory

Part 5. Starting a Meditation Practice

Part 6. 30-Day Practice Log

Part 7. After 30 Days

Next Steps and Resources

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BEFORE YOU BEGIN

The Big Book's Step 11 Directions

Step 11: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Step 10 keeps your side of the street clean. Step 11 keeps you connected to whatever gives you the strength to do it. The Big Book gives specific directions for three times of day, and this worksheet follows them.

When	What the Big Book suggests	Page	Worksheet
At night	Review the day constructively, then ask for forgiveness and what corrective measures to take	86	Part 4
On awakening	Think about the day ahead, ask for direction and check your motives	86	Part 2
When undecided	Ask for inspiration, an intuitive thought or a decision, then relax and don't force it	86	Part 2
Throughout the day	Pause when agitated or doubtful and ask for the right thought or action	87 to 88	Part 3

Tips that keep it working

Your Higher Power, your words. God, the group, nature or something you're still figuring out. This worksheet says "Higher Power" and leaves the definition to you.

Small and steady. Five honest minutes every day does more than an hour once a month.

Guidance, not results. Step 11 asks what to do next and for the strength to do it, not for things to turn out your way.

Bring it to your sponsor. Go over Part 1 and your 30-day log together.

PART 1

Step 11 Questions

Answer honestly. There are no right answers here, only a clearer picture of where you're starting.

Your Higher Power

1. How has my belief in a Higher Power changed since I started working the steps?

2. How would I describe my Higher Power, or my spiritual practice, in my own words?

3. What does spirituality mean to me, and how is it different from religion? Do I need both?

Prayer

4. How often do I pray, and how do I usually feel afterward?

5. When I pray, am I asking for guidance or placing an order? Do I give thanks? Do I pray for other people?

PART 1

Step 11 Questions (continued)

Meditation

6. Do I meditate? If not, what's stopping me? If I do, what happens when I sit quietly?

7. When I'm still, do I feel connected to anything? What am I listening for?

Living it

8. How has my relationship with a Higher Power changed the way I see myself?

9. How do I remind myself during the day that I'm not in control?

10. Which spiritual habits have lasted for me in the past, and which ones faded? Why?

11. What is one practice I'm willing to keep every day for the next 30 days?

PART 2

Morning Page Example

"On awakening let us think about the twenty-four hours ahead" (Alcoholics Anonymous, p. 86). Here's what one fictional morning page might look like. It takes about five minutes.

Morning question	My answer (fictional example)
My plans for today	Work until 5. Pick up my son at 5:30. Home group at 7.
Where my motives could slip	I want to look good in the budget meeting more than I want to be useful. Still sore about my sister's text last night.
What I'm asking for	Help to be honest in the meeting and patient with my sister.
Something I'm unsure about	Whether to take the extra shift Saturday. I won't decide in a rush. I'll sit with it and talk it over with my sponsor.
One way I can be useful today	Text the newcomer from Tuesday's meeting. Let my coworker present her part without jumping in.
My quiet time	Ten minutes with coffee before anyone else is up. Read one page, then sit with it.

When you can't decide something

The Big Book suggests asking for "inspiration, an intuitive thought or a decision" and then: "We relax and take it easy. We don't struggle" (p. 86). Not every question needs an answer before breakfast.

PART 2

Morning Page

Date: _____ Print a copy of this page for each morning.

My plans for today:

Where could my motives slip today? Check any that might show up:

☐ Self-pity ☐ Dishonesty ☐ Self-seeking ☐ Resentment ☐ Fear

What I'm asking for today (guidance and strength, not results):

Something I'm unsure about, that I'll hold loosely for now:

One way I can be useful to someone today:

My quiet time this morning:

☐ Prayer ☐ Reading ☐ Breath ☐ A word or phrase ☐ Quiet walk

Minutes: _____ Something that stayed with me:

PART 3

The Daytime Pause

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action" (Alcoholics Anonymous, p. 87). Cut out the card below for your wallet, or snap a photo of it for your phone.

The Daytime Pause

For when I'm agitated or doubtful

1. Stop. Step back from the screen, the conversation or the traffic.

2. Breathe. Three slow breaths.

3. Ask. For the next right thought or action, in my own words.

4. Return. Go back and do the next small thing well.

My words for asking:

_____

Pause log (optional). Note a few pauses this week:

When	What had me agitated or doubtful	What I asked for	What I did next

PART 4

Evening Page

Use this after your nightly inventory. The Big Book's nightly review sits inside its Step 11 directions, and after reviewing the day, "we ask God's forgiveness and inquire what corrective measures should be taken" (p. 86). Need an inventory page? Use the nightly inventory in the free Step 10 Worksheet at 12steppers.org.

Date: _____

☐ I finished my nightly inventory (Step 10)

What needs correcting tomorrow, and how will I do it?

What did I hand over today, and what did I keep trying to control?

Three things I'm grateful for today:

Where did today's quiet time or pauses make a difference?

My closing prayer, words of thanks or a few minutes of quiet:

☐ Done

PART 5

Starting a Meditation Practice

The 12&12 calls meditation "essentially an individual adventure" (Step Eleven, p. 101). Nobody starts out good at it. Pick one method, start with five minutes and keep it for a week before you judge it. When your mind wanders, notice it and come back. That return is the practice.

Read and reflect	Read a short passage, prayer or daily reader slowly. Stay with the line that catches you.
Count your breaths	Count each exhale from one to ten, then start again. Lost count? Begin again at one.
A word or phrase	Repeat something short and meaningful, like "Thy will be done" or "one day at a time," as you breathe.
Quiet walk	Ten minutes without the phone. Notice what you see and hear without trying to solve anything.

The method I'll start with:

☐ Read and reflect ☐ Count breaths ☐ Word or phrase ☐ Quiet walk ☐ Other: _____

When: _____ **Where:** _____ **How long:** _____

My first week:

Day	Minutes	Method	How it went
1			
2			
3			
4			
5			
6			
7			

Meditation isn't a substitute for medical or mental health care. If quiet time stirs up distressing memories or feelings, talk with a health care provider as well as your sponsor.

PART 6

30-Day Practice Log

Check off what you did each day and add a few words if something stood out. Missed a day? Just pick up again tomorrow.

Start date: _____

Day	Morning	Pause	Evening	Minutes	One line about today
1	☐	☐	☐		
2	☐	☐	☐		
3	☐	☐	☐		
4	☐	☐	☐		
5	☐	☐	☐		
6	☐	☐	☐		
7	☐	☐	☐		
8	☐	☐	☐		
9	☐	☐	☐		
10	☐	☐	☐		
11	☐	☐	☐		
12	☐	☐	☐		
13	☐	☐	☐		
14	☐	☐	☐		
15	☐	☐	☐		
16	☐	☐	☐		
17	☐	☐	☐		
18	☐	☐	☐		
19	☐	☐	☐		
20	☐	☐	☐		
21	☐	☐	☐		
22	☐	☐	☐		
23	☐	☐	☐		
24	☐	☐	☐		
25	☐	☐	☐		
26	☐	☐	☐		
27	☐	☐	☐		
28	☐	☐	☐		
29	☐	☐	☐		
30	☐	☐	☐		

PART 7

After 30 Days

Look back over your log, then go over these questions with your sponsor. Date: _____ Reviewed with: _____

1. Which part of the practice came easiest? Which part did I skip most often, and why?

2. What changed in my days, if anything, on the days I kept my quiet time?

3. How has the way I pray changed? Am I asking for guidance more and results less?

4. What do I want to keep, drop or try next month?

5. How can this practice make me more useful to others as I move into Step 12?

NEXT STEPS

Keep Going and Find Support

Step 11 isn't something you finish. It's a daily practice that grows with you. Keep pairing your evening page with your Step 10 nightly inventory, print fresh morning pages as you need them and start a new 30-day log whenever you want a reset.

Read the Step 11 Literature Free Online

- Alcoholics Anonymous World Services. "Chapter 6: Into Action." *Alcoholics Anonymous (PDF).* Step 11 directions, pages 85 to 88.
- Alcoholics Anonymous World Services. "Step Eleven." *Twelve Steps and Twelve Traditions (PDF).* Pages 96 to 105.
- Alcoholics Anonymous World Services. "The "God" Word: Agnostic and Atheist Members in A.A.." *Alcoholics Anonymous.*
- Narcotics Anonymous World Services. "How It Works." *Narcotics Anonymous.*
- 12steppers.org. "Step 11 Worksheet With Questions." *12steppers.org.* Examples, FAQs and meditation tips for beginners.
- 12steppers.org. "Step 11 - Prayer and Meditation." *12steppers.org.* The meaning of the step and the 11th step prayer.
- 12steppers.org. "Step 10 Worksheet With Questions." *12steppers.org.* The nightly inventory that comes before your evening page.

Support

- 988 Suicide and Crisis Lifeline. "988 Lifeline." *988lifeline.org.* Call or text 988 any time.
- Substance Abuse and Mental Health Services Administration. "SAMHSA's National Helpline." *SAMHSA.* Free and confidential, 24/7: 1-800-662-4357.

Disclaimer: This worksheet is an educational recovery tool and does not replace professional medical or psychological advice. It is not affiliated with, produced by or endorsed by Alcoholics Anonymous World Services or any other fellowship. Page references are to the Fourth Edition of Alcoholics Anonymous and to Twelve Steps and Twelve Traditions.