

# **PRINCIPLES** **WORKBOOK**

**A WAY TO LEARN ABOUT  
AND BEGIN TO APPLY SPIRITUAL  
PRINCIPLES IN YOUR LIFE**

**By Greg Pierce and Lois Pierce Richards**

# PRINCIPLES - WORKBOOK

## TABLE OF CONTENTS

INTRODUCTION.....	3
DIRECTIONS (Workbook/definitions/"look it up").....	4
PRINCIPLES – Part One .....	5 – 19
PRINCIPLES – Part Two.....	20 – 35
PRINCIPLES – Part Three.....	36 – 51
CONCEPTS – Part Four.....	52 – 67

# PRINCIPLES - WORKBOOK

## INTRODUCTION

The purpose of this Workbook is to help those who are seeking spiritual growth make progress towards their goals. It presents an extensive list of positive Principles and a simple process by which we can learn more about what they mean and how we can begin to apply them in our daily lives. These Principles are scattered throughout “Twelve Step Recovery” oriented literature as well as other spiritually based writings including the literature of most religions. There are, however, very few comprehensive lists of these principles and it has been difficult for most of us to overcome our misconceptions about them. This Workbook provides a method that can help. It is specifically designed for those who are actively involved in a Twelve Step Recovery Program, but should be equally effective for anyone who is pursuing spiritual growth. Its value for an individual depends on the amount of effort and thought they put into the process.

This Workbook is divided into four sections or sets of principles. The first three sets contain principles, per se, and are roughly grouped from most basic to more sophisticated terms. The fourth section contains principles in the form of concepts and sayings that are commonly expressed in the Twelve Step Fellowships. These sections should be completed in order since each set builds on the one preceding it. The four parts of this Workbook if taken as a whole, might seem a little overwhelming, so take it easy and consider one principle at a time.

This Workbook, if completed diligently, should provide a fairly good foundation for recovery and spiritual growth. Remember that this is only a beginning, as you learn and grow, more opportunities for learning and growth will be given to you. The stronger the foundation, the more stable the structure.

**WORK HARD ~ READY ~ SET ~ GROW**

# PRINCIPLES - WORKBOOK

## DIRECTIONS

1. Look up each principle in a *good* dictionary and study the definitions presented there, focusing on the definition which most closely fits the way we use the word in the Program or within its spiritual context. Be aware of other uses for the word and also look up any “root-words” contained within the word or phrase.

It is very important to use a good dictionary, one that is fairly comprehensive and preferably one that includes the linguistic derivation of the word. Most paperback or “pocket” dictionaries are not good enough. In a good dictionary you will usually find more than one meaning or use for each word; some of these will apply to the way we use the word in the Program and some will not. “Root-words” can be very important (i.e. the “root-words” of the principle of RESPONSIBILITY are RESPONSE and ABILITY) and by understanding them we can learn a lot about what the principle really means.

2. Write a definition of the principle as it applies to the Twelve Step Recovery process.

This can be achieved by copying the dictionary definition which most closely fits the way we use the principle in the Program or by writing your own definition based on what it says in the dictionary. Obviously, it is better to write your own.

3. Make a list of which of the Twelve Steps or Twelve Traditions to which this principle might apply.

Look at your definition and then read each Step and Tradition in order, asking yourself “Does this fit in here?” or “Does this work?” Remember, the answer might be ALL or NONE.

4. Locate at least two examples of where this principle is stated, used, or implied in Program literature or sayings and write them down in the space provided.

Write down the title and page number where you find the principle; then write the phrase or sentence which includes the principle.

5. List at least two examples of how this principle can be applied in your daily life or in your interactions with other people.

This final step may be very difficult for you and requires a lot of thought. If you get stuck on a principle you might ask your sponsor to discuss it with you. Specific examples seem to be more valuable than generalizations.

6. LIVE BY WHAT YOU'VE LEARNED.

# **PRINCIPLES - WORKBOOK**

## **PART ONE ~~~ PRINCIPLES**

**ABSTINENCE**

**CARING**

**COMMUNICATION**

**COURAGE**

**FELLOWSHIP**

**GIVING**

**GRATITUDE**

**HAPPINESS**

**HONESTY**

**HOPE**

**IDENTIFICATION**

**LISTENING**

**LOVE**

**OPENMINDEDNESS**

**PATIENCE**

**POSITIVE ACTION**

**POWERLESSNESS**

**PRAYER**

**RESPONSIBILITY**

**SANITY**

**SELF-DISCLOSURE**

**SHARING**

**SPIRITUALITY**

**TRUST**

**TRUTH**

**UNMANAGEABILITY**

**VULNERABILITY**

**WILLINGNESS**

# PRINCIPLES - WORKBOOK

## ABSTINENCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## CARING

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## COMMUNICATION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## COURAGE

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## FELLOWSHIP

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## GIVING

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## GRATITUDE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## HAPPINESS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## HONESTY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## HOPE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## IDENTIFICATION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## LISTENING

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## LOVE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## OPENMINDEDNESS

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## PATIENCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## POSITIVE ACTION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## POWERLESSNESS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## PRAYER

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## RESPONSIBILITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## SANITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## SELF-DISCLOSURE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## SHARING

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## SPIRITUALITY

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## TRUST

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## TRUTH

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## UNMANAGEABILITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## VULNERABILITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## WILLINGNESS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# **PRINCIPLES - WORKBOOK**

## **PART TWO ~~~ PRINCIPLES**

**ACCEPTANCE**

**ANONYMITY**

**CLEANLINESS (BEING CLEAN)**

**COMMITMENT**

**COOPERATION**

**EMPATHY**

**FAITH**

**FORGIVENESS**

**FREEDOM**

**HUMILITY**

**INTEGRITY**

**LOYALTY**

**MEDITATION**

**PERSEVERANCE**

**PRUDENCE**

**RECIPROCITY**

**RESPECT**

**SELF-ASSESSMENT**

**SERENITY**

**SERVICE**

**SIMPLICITY**

**SOBRIETY**

**SPONSORSHIP**

**TACT**

**THOUGHTFULNESS**

**TOLERANCE**

**UNCERTAINTY (RISK)**

**UNITY**

**VIGILANCE**

**WISDOM**

# PRINCIPLES - WORKBOOK

## ACCEPTANCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## ANONYMITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## CLEANLINESS (BEING CLEAN)

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## COMMITMENT

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## COOPERATION

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## EMPATHY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## FAITH

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## FORGIVENESS

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## FREEDOM

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## HUMILITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## INTEGRITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## LOYALTY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## MEDITATION

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## PERSEVERANCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## PRUDENCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## RECIPROCITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## RESPECT

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## SELF-ASSESSMENT

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## SERENITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## SERVICE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## SIMPLICITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## SOBRIETY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## SPONSORSHIP

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## TACT

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## THOUGHTFULNESS

(Definition) \_\_\_\_\_

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(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## TOLERANCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## UNCERTAINTY (RISK)

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## UNITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## VIGILANCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## WISDOM

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# **PRINCIPLES - WORKBOOK**

## **PART THREE ~~~ PRINCIPLES**

**AWARENESS**  
**BALANCE**  
**CELIBACY**  
**CENTEREDNESS**  
**CHANGE**  
**CHARITY**  
**CLARITY**  
**COMPASSION**  
**CONSCIENCE**  
**CONTENTMENT**  
**DEDICATION**  
**DEVOTION**  
**DISCRIMINATION**  
**ENCOURAGEMENT**  
**EQUALITY**  
**EXPERIENCE**  
**HARMONY**  
**MIRACLES**  
**PEACE OF MIND**  
**PRACTICE**  
**PRIORITIES**  
**PURITY**  
**RELEVANCE**  
**SELF-AWARENESS**  
**SELF-RESPECT**  
**SELF-SACRIFICE**  
**STEADFASTNESS**  
**STRENGTH**  
**UNDERSTANDING**  
**UNSELFISHNESS**

# PRINCIPLES - WORKBOOK

## AWARENESS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## BALANCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## CELIBACY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## CENTEREDNESS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## CHANGE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## CHARITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## CLARITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## COMPASSION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## CONSCIENCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## CONTENTMENT

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## DEDICATION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## DEVOTION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## DISCRIMINATION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## ENCOURAGEMENT

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## EQUALITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## EXPERIENCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## HARMONY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## MIRACLES

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## PEACE OF MIND

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## PRACTICE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## PRIORITIES

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## PURITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## RELEVANCE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## SELF-AWARENESS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## SELF-RESPECT

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## SELF-SACRIFICE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## STEADFASTNESS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## STRENGTH

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## UNDERSTANDING

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## UNSELFISHNESS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## PART FOUR ~~~ CONCEPTS

ACTING AS IF

ATTRACTION NOT PROMOTION

SPIRITUAL AWAKENING

COMING TO BELIEVE

CONSCIOUS CONTACT

DIVINE INTERVENTION

EASY DOES IT

FIRST THINGS FIRST

GOD, AS WE UNDERSTAND HIM

GOING TO ANY LENGTHS

HABILITATION NOT REHABILITATION

H.A.L.T.S.

HIGHER POWER

HUGS NOT DRUGS

I CAN'T, WE CAN

INCLUSIVENESS (vs. EXCLUSIVENESS)

JUST FOR TODAY

KEEP COMING BACK

LEADERSHIP BY EXAMPLE

LIVING THE PROGRAM

ONE DAY AT A TIME

PERSONAL ACCOUNTABILITY

PRACTICAL SPIRITUALITY

PRINCIPLES BEFORE PERSONALITIES

PROGRESS NOT PERFECTION

RECOVERING (vs. RECOVERED)

SIMILARITIES NOT DIFFERENCES

TURN IT OVER

UTILIZE, DON'T ANALYZE

# PRINCIPLES - WORKBOOK

## ACTING AS IF

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## ATTRACTION NOT PROMOTION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## SPIRITUAL AWAKENING

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## COMING TO BELIEVE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## CONSCIOUS CONTACT

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## DIVINE INTERVENTION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## EASY DOES IT

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## FIRST THINGS FIRST

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## GOD, AS WE UNDERSTOOD HIM

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## GOING TO ANY LENGTHS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## HABILITATION NOT REHABILITATION

(Definition) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_  
\_\_\_\_\_

(Examples) \_\_\_\_\_  
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(Applications) \_\_\_\_\_  
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## H.A.L.T.S.

(Definition) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_  
\_\_\_\_\_

(Examples) \_\_\_\_\_  
\_\_\_\_\_  
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(Applications) \_\_\_\_\_  
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# PRINCIPLES - WORKBOOK

## HIGHER POWER

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## HUGS NOT DRUGS

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## I CAN'T, WE CAN

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## INCLUSIVENESS (vs. EXCLUSIVENESS)

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## JUST FOR TODAY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## KEEP COMING BACK

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## LEADERSHIP BY EXAMPLE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## LIVING THE PROGRAM

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## ONE DAY AT A TIME

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## PERSONAL ACCOUNTABILITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## PRACTICAL SPIRITUALITY

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## PRINCIPLES BEFORE PERSONALITIES

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## PROGRESS NOT PERFECTION

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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## RECOVERING (vs. RECOVERED)

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

\_\_\_\_\_

(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## SIMILARITIES NOT DIFFERENCES

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

\_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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## TURN IT OVER

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

\_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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# PRINCIPLES - WORKBOOK

## UTILIZE, DON'T ANALYZE

(Definition) \_\_\_\_\_

\_\_\_\_\_

(Steps and/or Traditions) \_\_\_\_\_

(Examples) \_\_\_\_\_

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(Applications) \_\_\_\_\_

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