

# The 11th Step Daily Practice

A simple prayer and meditation guide for conscious contact, one day at a time.

## Morning Meditation (your first thing)

- Find a little quiet time before the confusion of daily life rushes in.
- Take three slow breaths and ask for the guidance of correct thought for today.
- Pray only for knowledge of His will, not for your own selfish ends.
- When a choice feels unclear, pause and wait for an intuitive thought.
- Set one small, positive action you can take in the next 24 hours.

*An eleventh step intention you can make your own:*

*Higher Power, quiet my mind and free me from the bondage of self.  
Show me Your will, give me the power to carry it out,  
and make me useful to the people I will meet today.*

## Evening Quiet Reflection

- Where did I find peace, and where did I react out of fear or self?
- Did I meet life on life's terms, or wrestle it into wishful thinking?
- Who can I forgive, and where can I bring a spirit of forgiveness tomorrow?
- What is one thing I owe an amend or a thank-you for?

## Three Things I Express Gratitude For Today

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## One Small, Positive Action I Will Take Today

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*Progress, not perfection. Keep coming back, one day at a time.*