

12 promises of Undearearners Anonymous

1. **Time reverence** - we value and wisely use our time. We use it to accomplish our goals and visions. We quickly do what must be done.
- 2 **Idea discernment** – we carefully consider others ideas. We accept those that make sense for us (i.e. those that get results and which fit our personalities and circumstances)
- 3 **Confidence in our Abilities** – Once we have demonstrated competence in our jobs or business, we can calmly communicate our worth and value. We let our results speak for themselves.
- 4 **Having only valuable possessions** – we have only possessions that serve us, either now or in the future. We may not have a lot, but what we have is of good quality and is clean. We sell, give away or discard that which we no longer need.
- 5 **Consistency of Effort** - we work consistently with plenty of time for relaxation. We keep a good balance between work and relaxation so that we don't exhaust ourselves nor put off important tasks. We make consistent progress day by day.
- 6 **Appropriate giving away of our time** – we only give away our time when we can easily afford to or when there is a clear benefit to us. Although we are helpful, we don't do it at our expense.
7. **Fair valuing and fair pricing** – we fairly value our abilities and services based on our ability to add value and what the market will bear. We ask for increases in compensation when we deserve it or because the market will bear it. We charge enough so that we can live comfortably while meeting all of our expenses, along with having a surplus for fun, savings, a prudent reserve, and long term expenses such as retirement.
8. **Fellowship** – we choose to work with others when appropriate, and we work alone when appropriate. We socialise but not at the expense of time that we need to be by ourselves, whether for rest, planning or work.
9. **Vibrant health and energy** – because we know that we have value, we approach each endeavor with vibrant energy and health.
- 10 **Feelings of worthiness** – we feel relaxed when asking for or being given what we need or what we are owed. We realise we are simply asking for that which is rightfully ours.
11. **Follow through or completion** – we follow up on opportunities, leads, or jobs that could be profitable. We follow up when it makes sense. We complete projects and tasks except when it doesn't make sense to complete them. Further, because we value our time, we don't complete them at an unnecessary level – i.e. we accept that often things don't need to be done perfectly or sometimes even well. We focus on that which is most relevant to us.
12. **Stability Valuing** – as we realise that stability is an important foundation of our lives, we avoid unnecessary conflict with co-workers, supervisors and clients. We avoid creating unnecessary problems that can result in financial distress or unnecessary drama.