

# UA Tools

- 1. Time Recording** – We must be conscious of how we spend our time. We keep a written record to increase awareness and support our focus on goals and the actions required to achieve them.
- 2. Meetings** – We attend UA meetings regularly to share our experience, strength, and hope in order to help ourselves and others recover from underearning.
- 3. Sponsorship** – We actively seek sponsorship with someone who has worked the Twelve Steps in UA and is willing to guide us in our recovery.
- 4. Possession Consciousness** – We routinely discard what no longer serves us in order to foster a belief that life is plentiful and that we will be able to provide ourselves with what we need.
- 5. Service** – Giving service is vital to our recovery. It is through service to others, and to the Fellowship, that we keep what has been so generously given to us.
- 6. Goals Pages** – We set goals for all aspects of our lives, write them down, measure our progress and reward achievement.
- 7. Action Meetings** – We organize action meetings with other UA members to discuss our earning concerns and to generate actions that will bring more prosperity into our lives.
- 8. Action Partner** – We connect regularly with action partners regarding earning concerns in order to provide each other with accountability, continuity, and support.
- 9. Solvency** – We do not debt one day at a time. Debting leads to underearning.
- 10. Communication** – We contact other UA members to seek support, to diminish isolation, and to reinforce our commitments to action.
- 11. Literature** – We read Twelve-Step literature to strengthen our understanding of compulsive disease and the process of recovery.
- 12. Savings** – Saving money demonstrates faith in the future and acceptance of the fact that money is a tool vital to our prosperous vision. We create and follow a savings plan on whatever scale we are able.=\*6