

Step 3 Made a decision to turn our wills and our lives over to the care of god as we understood god

3J Healthy Living

As we turn our will and our lives over to a higher power, that brings up the question of what is healthy living? What does it really mean to turn our will and our lives over?

What has not been healthy in my life? (work, relationships, money, drink, smoke, etc.)

What would I need to do to turn that over to a higher power?

What are my goals in life? For work? For relationships? Etc.

How have I been choosing goals for my life?

Am I caring for myself and those I love and am I in balance?

How am I caring for those I love and how would you describe the balance in those relationships?

What has kept me from living the way I want to be (fears, shame, guilt, etc.)?

What do I need to turn over to a higher power in order to be living the way that higher power wants for me?