



The Simplicity Project

*from the OA World Service
12th Step Within Committee*

The Simplicity Project is a simple idea to help YOU stay abstinent!

Got program? Got an index card and a pen?

Write the essentials of your program on the front and back of an index card, then

carry that card with you wherever you go. Take the card out and read it anytime you need to reaffirm your program.

Your card should have whatever information, reminders, prompts, or action items you need to remember in times of stress.

Keep it simple, though...it all has to fit on the front and back of one little index card!

Scroll down for a few card ideas from other OA members...you can customize one of these cards if you'd like, or create your own categories.



Food Plan

Action Plan

Higher Plan

Rescue Plan

These are the foods and eating behaviors I abstain from:

This is the structure of my food plan (i.e. when/how often I eat):

These are my guidelines around the quantity of food I eat:

This is WHY I follow the above plan:

The spiritual values / principles of my Higher Power are:

How can I best align myself with the spiritual values of my Higher Power right now? What would Higher Power have me be or do in this situation, given the values listed above?

3 ~ 1 ~ 1

3 meals a day,
1 day at a time,
with life in between.

Before you take that

first compulsive bite,
remember...

My Commitment:

When struggles come, I will pray for God's help and ask God to show me where and how I can be of service to others. It's not always about me!
When I seek to help others, I help myself in my recovery.

Love God. Serve Others. Serve Others. Love God.

God loves me and wants
the very best for me
always.


For today I will live in
the Steps
and Abstinence.

I love myself
because I
am a child of God.

Food cannot fix
ANYTHING!
God is the answer to
ALL my problems.

It's Not

About
ME!



For Recovery:
Trust God,
Clean House,
Help Others.

Rx

Who	The Cause	Affects My	My Part (selfishness, dishonesty, self-seeking, fear)

O.A. Tools of Recovery

Plan of Eating

Telephone

Action Plan

Sponsorship

Writing

Anonymity

Meetings

Literature

Service

Principles of the Steps (to practice in all my affairs)

Honesty

Integrity

Love

Hope

Willingness

Perseverance

Faith

Humility

Spiritual Awareness

Courage

Self-Discipline

Service

color me

GRATEFUL

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.