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.
<table>
<thead>
<tr>
<th>Food Plan</th>
<th>Action Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Higher Plan</td>
<td>Rescue Plan</td>
</tr>
</tbody>
</table>
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 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.
<table>
<thead>
<tr>
<th>God loves me and wants the very best for me always.</th>
<th>For today I will live in the Steps and Abstinence.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I love myself because I am a child of God.</td>
<td>Food cannot fix ANYTHING! God is the answer to ALL my problems.</td>
</tr>
</tbody>
</table>
It's Not About ME!
For Recovery:
Trust God,
Clean House,
Help Others.
Rx
<table>
<thead>
<tr>
<th>Who</th>
<th>The Cause</th>
<th>Affects My</th>
<th>My Part (selfishness, dishonesty, self-seeking, fear)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# O.A. Tools of Recovery

<table>
<thead>
<tr>
<th>Plan of Eating</th>
<th>Telephone</th>
<th>Action Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sponsorship</td>
<td>Writing</td>
<td>Anonymity</td>
</tr>
<tr>
<td>Meetings</td>
<td>Literature</td>
<td>Service</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Honesty</th>
<th>Integrity</th>
<th>Love</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hope</td>
<td>Willingness</td>
<td>Perseverance</td>
</tr>
<tr>
<td>Faith</td>
<td>Humility</td>
<td>Spiritual Awareness</td>
</tr>
<tr>
<td>Courage</td>
<td>Self-Discipline</td>
<td>Service</td>
</tr>
</tbody>
</table>
color me

GRATEFUL

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.