



**BALANCED CENTER LIVING**

The diagram illustrates the concept of "BALANCED CENTER LIVING" through a central sun-like symbol. The center of the sun contains the words "BALANCED CENTER LIVING". Radiating from the center are seven blue lines, each representing one of the Seven Pillars of Health. The pillars are labeled as follows:

- Intention (top ray)
- Spirituality (second ray from top)
- Prudence (third ray from top)
- Accurate Thought (fourth ray from top)
- Love (fifth ray from top)
- Self-Efficacy (sixth ray from top)
- Health (bottom ray)

# 6<sup>th</sup> STEP WORKSHEET

Were entirely ready to have God remove all these defects of character.

(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

1. Make a list of your character deficiencies (character defects, shortcomings) from the 5<sup>th</sup> Step and mark down whether you are entirely ready to have them removed, or you are not ready to have them removed.

Attach page if necessary.

2. Write a prayer asking for (or thanking) God (Higher Power) the readiness to remove your character deficiencies (character defects, shortcomings).



3. Write the list of character deficiencies that you marked as 'not being ready to have removed' in #1, then write down the reasons why you choose to hold on to these character deficiencies (character defects, shortcomings).

Character Deficiency	Reasons for Holding On

Attach page if necessary.

4. Write a prayer asking for (or thanking) God (Higher Power) the courage, wisdom and opportunity to let go of your character deficiencies (character defects, shortcomings).