

AA Step 11 Worksheet

Seeking a Conscious Contact with a Higher Power through Prayer and Meditation

Name:

Date:

Understanding Step 11

1. In your own words, describe what Step 11 means to you:

Daily Prayer and Meditation Practices

1. Morning Routine:

- What is your morning prayer or meditation routine?
- How does this routine make you feel?

2. Evening Reflection:

- What is your evening prayer or meditation practice?
- Do you review your day as part of this practice?

Your Spiritual Journey

1. Growth Points:

- How have you felt spiritual growth or connection since beginning this step?

2. Challenges:

- What challenges have you encountered while practicing this step?

Learning and Insights

1. Key Insights:

- What are some insights you've gained through prayer and meditation?

2. Understanding of Higher Power's Will:

- How has your understanding of your Higher Power's will changed?

Planning Ahead

1. Ongoing Practice:

- What changes or improvements would you like to make in your Step 11 practices?

Additional Notes:

Feel free to adapt this template to better suit your personal journey and reflection. It can be used daily, weekly, or in any way that helps you to better practice and understand Step 11.