

**Action Partner Formats offered by participants  
at UA Convention 2014**

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1.

My action partner & I call each other every day during the week at 9.30 am to share

1. How yesterday went
2. Priorities for the coming day.
3. If we need to we also talk though any issues/difficulties/blocks in an outreach capacity.

The entire call lasts no more than 15 mins

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2.

We call each other M-F @ 9.15 and talk for 15 mins and our format is:

1. briefly say how we feel
2. 3<sup>rd</sup> step prayer
3. Partner 1 commits her actions
4. Partner 2 commits her actions
5. 7<sup>th</sup> step prayer and we're done in 10-15 mins.

It's a life saver!

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3.

We call alternately M-F @ 8.15 and talk for 15 mins and our format is:

1. briefly say how we feel
  2. 3<sup>rd</sup> step prayer
  3. Partner 1 (caller goes first) speaks about yesterday & commits actions/ activities for today: 3 mins
  4. Partner 2 gives feedback: 2 mins
  5. Partner 2 speaks about yesterday & commits her actions/ activities for today: 3 mins
  6. Partner 1 gives feedback: 2 mins
  7. 7<sup>th</sup> step prayer to close.
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4.

Action Partner share:

1. Self-care (prayer, meditation, meetings, outreach, service giving)
2. Work generation (2 calls per day, plus actions, earnings),
3. Admin (bills, errands, to-do's),
4. Family responsibilities
5. Social (according to the day)
6. One gratitude daily
7. One vision daily

8. One affirmation daily.  
Email daily to action partner and speak daily about it

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5.  
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  4. Partner 2 commits her actions
  5. 7<sup>th</sup> step prayer and we're done in 10-15 mins.
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6.  
Action call once a week at agree time.

1. Serenity prayer and reading (tools, symptoms etc).
2. Review of commitments.
3. New set of commitments.
4. Sharing something we've achieved/proud of/pleased about.
5. Confirmation of next week's call.
6. Serenity prayer.

Freedom to call or email during the week.

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7.  
I have three Action Partners: I text every weekday (my vision is not to work weekends so that's one I can already achieve!). I text an outreach call, 2 actions and 1 self care. Personally I'm not sure how useful I find it - I do not always complete my actions or get actions back from any of my partners. Action meetings have proved much more productive.

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8.  
Action Partner suggestions:

1. Find an Action Partner who is time sober/time conscious
2. Meet to generate actions
3. Arrange to speak M-F: the person calling goes first, share then swap. Alternate who calls.
4. Start with 'We' Serenity Prayer
5. Caller shares on his/her earning concerns, progress on previous actions
6. Caller states up to 6 earning actions and priorities
7. Receiver of call gives feedback and encouragement
8. Swap over and other shares as above. Caller now gives feedback.
9. Confirm time and who calls next
10. Close with 'We' Serenity Prayer

11. Consider changing Action Partners every 3 mths to keep things fresh
12. Have regular Action Meetings to help stay on track