

WORKAHOLICS ANONYMOUS 12-Step Program (CHEAT SHEET)

by [Darren Hardy](#), Publisher [SUCCESS magazine](#) © 2009

STEP 1—My Stop-Doing List

- 1) _____
- 2) _____
- 3) _____

STEP 2—My No-Tolerate List

- 1) _____
- 2) _____
- 3) _____

STEP 3—My Vital Factors

- 1) _____
- 2) _____
- 3) _____

My Vital Functions

- 1) _____
- 2) _____
- 3) _____

My Time Value per Hour is: _____

STEP 4—My Limiting of Negative Input

- 1) _____
- 2) _____
- 3) _____

My Expansion of Positive Input

- 1) _____
- 2) _____
- 3) _____

STEP 5—My Disassociation List

- 1) _____
- 2) _____
- 3) _____

My Limited-Association List

- 1) _____
- 2) _____
- 3) _____

My Expanded-Association List

- 1) _____
- 2) _____
- 3) _____

My Personal Board of Advisors

- 1) _____
- 2) _____
- 3) _____

STEP 6—My Consistency List

- 1) _____
- 2) _____
- 3) _____

STEP 7—My High ROE List

- 1) _____
- 2) _____
- 3) _____

My No-More-Waste List

- 1) _____
- 2) _____
- 3) _____

My Important-but-Not-Urgent List

- 1) _____
- 2) _____
- 3) _____

STEP 8—My Planning List

My Top Goal

5 years _____

This Year _____

This Month _____

This Week _____

Today _____

My Preparation List

Materials I Am Studying

- 1) _____
- 2) _____
- 3) _____

Skills I Am Developing and Practicing

- 1) _____
- 2) _____
- 3) _____

STEP 9—Success Compression

My 90-day Cycle

1st 30 days _____

2nd 30 days _____

3rd 30 days _____