

CONNECTING WITH AA PRINCIPLES

An illustration of three stylized human figures in a group hug. The central figure is a woman with dark hair wearing a bright yellow long-sleeved top and a dark skirt. She is being embraced from behind by two other figures: one on the left with dark hair and a purple top, and one on the right with light purple hair and a dark top. The background is a solid purple color.

Writing Exercise - Humility

1. What does this sentence mean to you? "Humility is not thinking less about myself. It is about thinking about myself less."
2. What is your definition of "living a spiritual life"?
3. What do you prioritize? Material things or a spiritual life?

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