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A series of helpful slogans have grown up around AA and other *Twelve Step* groups. Although there is no “official” list of the slogans, they are well known in most Twelve Step groups and are often posted on the walls of meeting rooms. The slogans can be very helpful. They are short, simple, but powerful statements that are easy to remember, and can be used to remind a person about important issues. We have created a series of maps based on some of the popular slogans. Because they are so short and simple, people may not initially grasp their power. These maps provide a way to explore the slogans’ deeper meanings and how to apply them in everyday life. Since individual *Twelve Step* groups often create their own slogans, we have added a blank map at the end of this section to use with any additions to this set of slogans.
This is what "first things first" means to me.

This is how using "first things first" can help me.

These are situations where I need to remember "first things first."

This is how I am going to use "first things first" to improve these situations.

Def = Definition          L = Leads to          Ex = Example
This is what "just for today" means to me.

This is how using "just for today" can help me.

These are situations where I need to remember "just for today."

This is how I am going to use "just for today" to improve these situations.

Def = Definition  L = Leads to  Ex = Example
This is what "easy does it" means to me.

This is how using "easy does it" can help me.

These are situations where I need to remember "easy does it."

This is how I am going to use "easy does it" to improve these situations.
This is what "one day at a time" means to me.

This is how using "one day at a time" can help me.

These are situations where I need to remember "one day at a time."

This is how I am going to use "one day at a time" to improve these situations.

Def = Definition  L = Leads to  Ex = Example
This is what "live and let live" means to me.

This is how "live and let live" can help me.

These are situations where I need to "live and let live."

This is how I am going to use "live and let live" to improve these situations.

Def = Definition   L = Leads to   Ex = Example
This is what "surrender to win" means to me.

This is how using "surrender to win" can help me.

These are situations where I need to "surrender to win."

This is how I am going to use "surrender to win" to improve these situations.

Def = Definition          L = Leads to            Ex = Example
ACCEPTANCE IS THE ANSWER TO ALL MY PROBLEMS TODAY

This is what "acceptance is the answer to all my problems today" means to me.

This is how using "acceptance is the answer to all my problems today" can help me.

These are situations where I need to remember "acceptance is the answer to all my problems today."

This is how I am going to use "acceptance is the answer to all my problems today" to improve these situations.

Def = Definition  L = Leads to  Ex = Example
This is what "turn it over" means to me.

This is how "turning it over" can help me.

These are situations where I need to "turn it over."

This is how I am going to use "turn it over" to improve these situations.

Def = Definition  L = Leads to  Ex = Example
This is what "let go and let God" means to me.

This is how "letting go and letting God" can help me.

These are situations where I need to "let go and let God."

This is how I am going to use "let go and let God" to improve these situations.

Def = Definition      L = Leads to      Ex = Example
This is what "check yourself before you wreck yourself" means to me.

This is how "check yourself before you wreck yourself" can help me.

These are situations where I need to check myself before I wreck myself.

This is how I am going to use "check yourself before you wreck yourself" to improve these situations.
This is what "__________
__________" means
to me.

This is how "__________
__________" can help me.

These are situations where I need to use "__________
_________________"

This is how I am going to use "__________
_________________" to improve these situations.

Def = Definition  L = Leads to  C = Characteristic
Discussion Topics for the Slogans Maps

These are just a few possible discussion topics. We recommend that you have a discussion about the maps so that people can consolidate the information and insights they may have gained while exploring the slogans. The format of the discussion is up to you.

- Discuss any new insights you have gained on the meaning or use of the slogans.
- What other slogans would it be helpful to map out?
- Which slogan is your favorite and why?
- How have you used the slogan in the past?
- How do you plan to use the slogan in the future?
- Are some slogans more useful in some situations than others? (Which slogan is most useful with family? at work?)
- How can the slogans help you work your *Twelve Step* Program? How can they help with the step you are currently on?