Step 12: Passing It On

> *"Welcome those whom you yourself can improve. The process is mutual; for men learn while they teach."*
>
> Seneca, Letters 7 (tr. Gummere)

Service does not need to be grand. A text, a lift, a cup of tea at a meeting, an honest share. Start by remembering who helped you. Finish with your limits - your own sobriety comes first.

Who helped me, and how

Something I have learned that might help someone else

Small ways I could help this month

- [ ] Message someone newer than me
- [ ] Give a lift or meet someone at a meeting
- [ ] Share honestly when the time comes
- [ ] Make the tea, set up the room
- [ ] Pass on a worksheet or reading that helped me
- [ ] My own idea: _____

My limits - what protects my own recovery

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