

## Assignment 3 – Our Way Of Life - Part 1 (Step 11)

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1. Read and highlight Big Book instructions on Step Eleven Prayer and Meditation – pages 85-88
2. Review WOL-BBW pages 4-7. Consider this “My behavior tells me what I believe.” Am I taking time in the morning, evening and all day long? What does that look like?
3. LISTEN to these two workshops (*if you have time - the participant shares are valuable to listen to*)
  - Podcast 2020 - 03 [Introduction to Prayer and Meditation](#)
  - YouTube - [Meditation & Intentional Consciousness with James Finley PhD](#)