

<i>My Daily CoDA Program Journal</i> <i>Month of: _____</i>												
	Prayer & Meditation	Attend Meetings	Twelve Step Work	Program Calls	Read CoDA Books & Literature	Awareness of my Feelings & Needs	Journal Writing	Setting Healthy Boundaries	Self-Care: Fun, Play & Relaxation	Family of Origin Work	CoDA Service Work	Self-Talk with Gentleness & Humor
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GETTING STARTED WORKING STEPS 1, 2, & 3 - USING THE 30 QUESTIONS

[Page Numbers refer to the CoDA Blue Book **THIRD EDITION**.]