

## A Goal Without a Plan

A goal without a plan is just a wish. - Unknown

how many times have i said, "I really need to lose this weight" or "my plan is to cut out sugar. . . " or "this time i'm going to stick with it. . . "

good intentions. and things I *really* meant at the time. but, honestly, what good are even the best of intentions without action? without a solid and equally good *plan*.

you know that old saying those you fail to plan, plan to fail.

when i first came into program, i laughed a bit to myself, thinking i was just trading one obsession for another. instead of being obsessed with eating, i was now obsessed with the program.

so what.

well, as most of us who were at one time "newbies" remember, there comes a time when the honeymoon is over. when the program stops being new and interesting and exciting. when the rubber starts to meet the road. when you've told everyone about your intentions, and your vows, and your "i really want to-s". when you have to walk the walk.

we who are COE understand all about promises and vows and goals. how many times have you swore to yourself you're never going to raid the fridge in the middle of the night? or vowed you weren't going to eat fast food ever again? or promised your loved ones you were going to get serious about losing weight *this time*? or told your physician you'd start exercising tomorrow?

we've all been there. done that. but the miracle of this program, and the wonder of the 12 steps is that it actually gives you a pre-set PLAN. you don't have to figure this out for yourself. i mean you can, if you want to. but let me ask you, how's that working for you?

the 12 steps have helped millions and millions of alcoholics and addicts recover their lives and not *die*. and the 12 steps, as adapted for OA, have helped millions of people regain a life they could actually live, instead of make excuses for.

you don't need to reinvent the wheel. you don't need to come up with your own plan, you don't need to fail again.

start with the first step. just for today.

right now, i recognize i am powerless over this eating thing. and i am willing to work my program, and lean upon my HP to help me do what i can not do alone. my goals have a plan. finally.