



The TWELVE TALENTS for a Good Life

1. In recovery, we are growing in an atmosphere of affirmation and conviction that our artistic expression is essential to our existence and is part of our unique contribution to the world.
2. In recovery, we realize that each new day is an opportunity to express our creativity and have an artistic experience. We know our inspired creative process gives us the joy we deeply desire.
3. In recovery, we invest ourselves in lifestyles, relationships, and work activities that nurture our creativity.
4. In recovery, we immerse ourselves in our art, accepting and enjoying our creativity, finding ways to manage our temptations and diversions. Being true to our inner selves, we strive to maintain a balance in all areas of our lives; nurturing significant relationships to stay professionally involved, socially fulfilled, and lovingly engaged with family and friends.
5. In recovery, we are freed from the self-defeating societal beliefs that play in our heads. We realize that we, as individuals, have something wonderful to contribute and that with the help of our Higher Power we have what it takes to express our art.
6. In recovery, we rejoice in the success of other artists, keeping the focus on our own God-given gifts. We take heart that we too will find fulfilment through our own creativity.

7. In recovery, feeling safe in a newfound courage, we desire to become visible. We put our trust in a higher power and release our art out into the world.
8. As our art becomes more and more real to us, we enthusiastically follow our dreams. We accept that we are entitled to our right work and deserve the happiness and success that right work brings.
9. In recovery, we commit to our art. We open our hearts and minds to all of the wonderful possibilities that our Higher Power has in store for us, including the ability to earn a living by means of our creativity.
10. In recovery, being multi-talented, we explore each of our abilities, taking joy in the fluidity with which we move from one to the other. Each of our abilities is a facet of our true artistic expression and each contributes to the whole. We accept full responsibility for developing and honouring our gifts.
11. In recovery, we are aware that the process is a learning experience. We know that the outcome is in the hands of a Higher Power and may well prove more fruitful than our immediate goal. We take time each day to be thankful that the results come in God's time, not ours. We bless each day that we are given to pursue our art.
12. In recovery, we turn our lives and our art over to our Higher Power, recognizing that without the aid of that Mystic Force, we are lost. Trusting our intuition and artistic instincts, we know that we are channels for the Infinite Creative Process. We offer our art as a gift to be shared.