

One way to practice the principles of HOW is by taking a daily inventory that allows us to recognize our daily growth. We shouldn't forget about our assets while striving to eliminate our defects. The old self-deception and self-centeredness can be replaced with spiritual principles.

Staying clean is the first step in facing life. When we practice acceptance, our lives are simplified. When problems arise, we hope to be well-equipped with the tools of the program. We honestly have to surrender our own self-centeredness and self-destructiveness. In the past, we believed desperation would give us the strength to survive. Now we accept responsibility for our problems and see that we're equally responsible for our solutions.