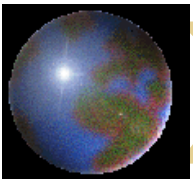


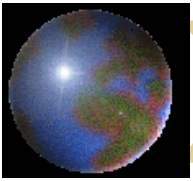
Action Plan

Workshop



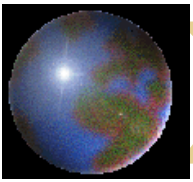
Action Plan

- An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance, and manageability into our lives.



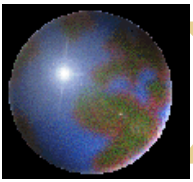
Topic

What did I learn from this Conference
and how am I going to carry on the
message?



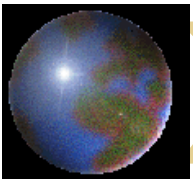
12th step within

1. Talk to health professionals
2. Stay abstinent
3. Be authentic and with guidance from HP, listen to others and be open with myself if people might ask me about my journey
4. Being abstinent just for today
5. A short prayer for myself
6. I tell about the program



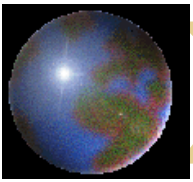
12th step within

7. I present myself as a compulsive overretar
8. I give practical details and oa.org
9. Go to meetings
10. Make public sessions
11. Got to the radiostations
12. Doing sponsorship
13. Doing service



12th step within

14. Creating new meetings
15. Tell more of my friends and associates about my involvement in OA
16. Take the Professional health care leaflet to my GP/nurses
17. Voluntee for our Inter Group presence at the Primary Care Convention for health professionals



12th step within

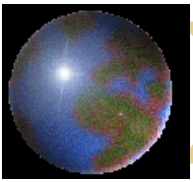
18. Find a way to reach out to family member

19. Talking about OA when people ask me why I have lost some kilos

20. By my different way of living my life with OA

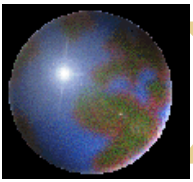
21. Talk about what is good for me now

22. Having the courage to weigh my food in public



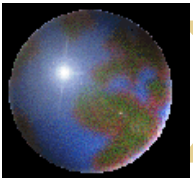
12th step within

23. By being open about my addiction and program in my personal life
24. By telling people who struggle with their weight about the program
25. Bring informations meeting regularly to institutions like NFLÍ and Reykjalundur
26. Speak rather about food addictives than compulsive overeaters



12th step within

27. Work the program as best as I can to show other OA members that the change is real and they can change as well.
28. Share it: Group, sponsees
29. Service: Organise, open meetings
30. I will lead 1 day Big Book Step wprkshops in 2018



12th step within

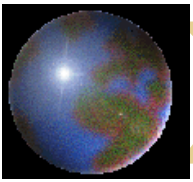
31. By reading approved OA literature every day

32. I will write 4-6 articles for Lifeline.

33. I will place OA literature in 2 clinic waiting rooms

34. Mention OA at every possible opportunity

35. Give service in OA to protect the structure



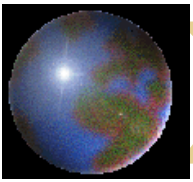
12th step within

36. Attend my board meeting and help make it a STRONG OA meeting.

37. Share it with my doctor, nurse, dentist,

38. By telling any others who ask, why I eat like I do, why this food and why not that food, about OA

39. Sponsorship



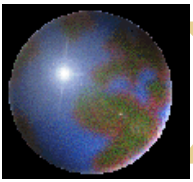
12th step within

40. Giving strength and hope at meetings

41. Participate in public information committee

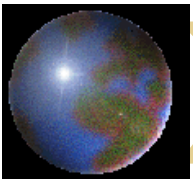
42. By being a role model for my nearest and dearest

43. By approaching people who are obviously struggling and telling them about OA



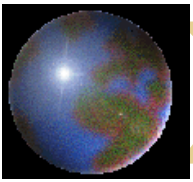
12th step within

44. By being active in OA and doing service
45. Our group has discussed having a separate P1 meeting and I commit to organising the date to make sure it happens and bring our ideas from the workshop today
46. Comment on facebook post with facts about meetings without mentioning my name



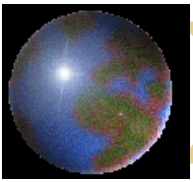
12th step within

47. Answering honestly when people ask why/ how I have lost weight or look happy.
48. I speak to newcomers on meetings and I'm willing to reach my hand and heart to anyone "still" suffering
49. Be willing to put OA on my facebook page (have courage). This does not break my anonymity



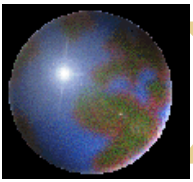
Action Plan OA Iceland 2017

1. Make public OA Iceland facebook site
2. Translate pamphlets for Health Professionals
3. Translate OA stickers and print them out for OA members to distribute
4. Apply for anonymous interviews in radio
5. Apply for anonymous interviews in newspaper/mazines



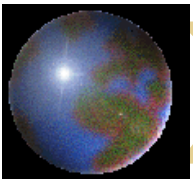
Action Plan OA Iceland 2017

6. Distribute pamphlets/stickers into every organization/institution/company you can think of
7. Translating OA ads from oa.org and send to radiostations
8. Have an open meetings. Ask health professionals
9. Make a youtube video about OA in Iceland



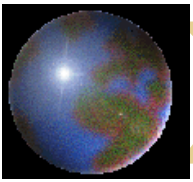
Action Plan OA Iceland 2017

10. Open OA Twitter account, Instagram, blog
11. Facebook campagne-WSO
12. Google Ad Campaign guidelines on oa.org
13. Like/share OA positive materials without mentioning your name. Answer in private message



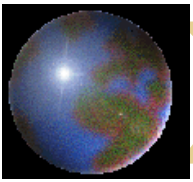
Action Plan OA Iceland 2017

14. Try to have flyers or leaflets at medical conferences
15. Use a false name when going to interviews
16. Be visible at other 12th step events
17. Be grateful for OA Iceland



Framkvæmdaráætlun Ísland 2017

1. Búa til opna facebook síðu (komið)
2. Þýða bæklinga fyrir heilbrigðisstarfsfólk
3. Þýða og prenta út límmiða fyrir OA félaga að dreifa
4. Reyna að komast að nafnlaust í útvarpi
5. Reyna að komast að nafnlaust með greinar í blöð og tímarit



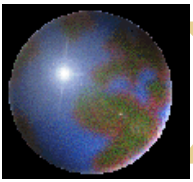
Framkvæmdaráætlun Ísland 2017

6. Dreifa bæklingum/límmiðum í allar stofnanir og fyrirtæki sem menn geta ímyndað sér

7. Þýða OA auglýsingar af oa.org, taka upp og senda á útvarpsstöðvar.

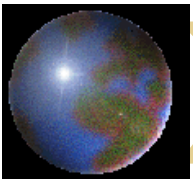
8. Hafa opna fundi og bjóða heilbrigðisstarfsfólki

9. Búa til Youtube myndскеið um OA á Íslandi



Framkvæmdaráætlun Ísland 2017

10. Búa til Twitter aðgang, Instagram og blogg.
11. Skoða Facebook-herferð frá WSO
12. Skoða Googla Ad leiðbeiningar hjá oa.org
13. Like/deila jákvæðum OA skilaboðum nafnlaust. Svvara í einkaskilaboðum



Framkvæmdaráætlun Ísland 2017

14. Reyna að koma bæklingum og litlum skilaboðum að á lækningaráðstefnum
15. Notaðu falskt nafn þegar farið er í viðtöl
16. Vera sýnilegur á öðrum 12.spora viðburðum
17. Vera þakklátur fyrir OA á Íslandi ;-)