

## My Service Journey: *Where am I headed?*



Have you ever thought about your Service story?  
Where you started, where you are now?  
Were you surprised that you stepped up to be an Area Coordinator,  
Group Representative (GR), District Representative (DR), Convention  
Chair, Alternate Group Representative, Area Officer, etc.?



This worksheet was designed to guide you through your thinking process as you consider what's next on your Service Journey. As always... take what you like.... 😊

1. What Al-Anon Service positions have you held so far? (group level, beyond the group)  
\_\_\_\_\_
2. Why did you take these positions? Did another Al-Anon member/Sponsor encourage you?  
\_\_\_\_\_
3. Did you know everything about doing the position when you started? If not, how did you gather information?  
\_\_\_\_\_
4. Did you have any fear, uncertainty, anxiety, doubt after you said “yes” to a Service position?  
\_\_\_\_\_
5. What skills and new ways of thinking have you gained by doing Al-Anon Service?  
\_\_\_\_\_
6. What life experiences (career, interests, volunteer activities, etc.) could assist your Al-Anon Service?  
\_\_\_\_\_
7. What supports are in place to facilitate your Service Journey? (Meeting attendance, Sponsor, Service Sponsor)  
\_\_\_\_\_
8. Where do you see yourself next in relation to your Service Journey? What service positions might you be interested in? Why could these positions be a good match for you?  
\_\_\_\_\_  
\_\_\_\_\_
9. What do you know about these Service positions?  
\_\_\_\_\_  
\_\_\_\_\_
10. What do you need to know about these Service positions?  
\_\_\_\_\_  
\_\_\_\_\_

11. How will you gather information about these Service Positions? (Area website; Service Manual; phone calls/emails)

\_\_\_\_\_

12. What are the Pros and Cons about these positions?

Position Name \_\_\_\_\_

PROS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

CONS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Position Name \_\_\_\_\_

PROS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

CONS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

13. What other questions do you want to ask yourself?

- a. Have I consulted my Higher Power?
- b. Have I consulted my Sponsor &/or Service Sponsor?
- c. Do I need to consult my family before making a decision?
- d. Do I thoroughly understand the duties of the position I'm interested in standing for?
- e. Am I ready to make an informed decision?



Additional Resources: Sponsorship, What It's All About (P-31); Service Sponsorship: Working Smarter Not Harder (P-88); Al-Anon/Alateen Service Manual 2022-2025 (P-24/27, v-3), pgs. 45, 73; When I Got Busy, I Got Better (P-78); Colorado Al-Anon/Alateen: [al-anon-co.org](http://al-anon-co.org); World Service Al-Anon/Alateen: [al-anon.org](http://al-anon.org).