

MARK LUNDHOLM'S

shortcuts to the 12 steps



wholehearted.org

shortcuts
to recovery



wholehearted TV

Healing is Always Possible.

We're Here to Help.

1. I Don't Know

2. I'd Like To

3. I'll Ask

4. I'll Look

5. I'll Tell

6. I'll Count

7. I'll Wait

8. I'll Make A List

9. I'll Make An Effort

10. I'll Look In

11. I'll Look Up

12. I'll Reach Out