

# O·C·A

## OVER·COMMITTERS·ANONYMOUS

June 24, 2018

My dearest KK,

It is with great joy and excitement that I am finally reaching out to You in regards to the following. I have recently created my own organization and claimed the name Over-Committers-Anonymous or OCA. I am writing to You in the hopes that You will be our very first President!

We are finding that people of today are saying YES to too many things without properly taking the time to assess what they really want to be doing. And as a newly retired professional, I strongly feel You are the one to lead us into the future.

I have come up with the 12 steps of Over-Committers-Anonymous to start with:

- We admit we are powerless to saying YES – that our time has gotten away from us.
- We've come to believe a planner greater than ourselves can restore us to sanity.
- Make a decision to turn our will and our lives over to Franklin Covey or iCal.
- Make an inventory of our time and what we enjoy.
- Admitting to ourselves and our Bullet Journal the exact nature of saying YES to everything.
- We are entirely ready to have our Filofax remove our YES-women tendencies.
- Humbly asking Erin Condren to teach us to say NO.
- Make a list of all we have harmed with our over-commitments.
- Make direct amends to such people wherever possible, except when to do so would injure them or others.
- Continue to take personal inventory of our time.
- Sought through Prayer, meditation and the practice in the mirror of saying NO, to improve our conscious contact with our planners.
- Having had an organizational awakening as a result of these steps, we try to carry this message to all Yes-Woman everywhere.

We will be having our first meeting soon, so keep that calendar open! And the best part is, I KNOW You won't say NO to this opportunity. Thank You Kathy and here is to the future of good time management,

Yours in YESNESS,  
Lou Thompson  
Founder, Over-Committers-Anonymous