Work on one Tradition at a time.   
  
1) Look up in the index page of 'Pass It On' the pages referencing the Tradition you're on. Understanding where it comes from will help you understand what they were trying to accomplish.   
  
2) Read and consider the corresponding Tradition from Language of the Heart. Bill gives a more focused explaination here then in the 12x12.  
  
3) Consider the question on the 'Traditions Experience' page, what it's saying and how or where you see that in AA around you. The questions have been kept simple so more people can do this.  
  
4) Consider how Tradition 12 is the Spiritual foundation of this Tradition. What does anonymity look like here and how does that relate to practicing principles before personalities.   
  
Enjoy the journey,  
Dan