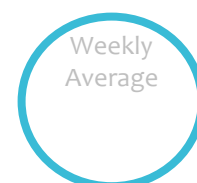


PRACTICING MY RECOVERY

We are what we repeatedly do -- Aristotle

	20 Mile March List	S	M	T	W	T	F	S
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
	TOTALS:							

I practice my recovery out of discipline
and not out of emotion.



PRACTICING MY RECOVERY

We are what we repeatedly do -- Aristotle

Not ready for a 20 Mile March list? No problem. Try one of these ideas to get you started.

1: Start with an Anchor Behavior

- Find one essential behavior to start with. Once you've mastered that, add another behavior before or after to build a routine.

2: Consult your 10-year sober self

- What would your 10-year sober self do on a daily basis? Write it out and pick one thing to incorporate in your life today!

3: Make it a Competition

- Find some friends, decide on a prize and WIN EVERY TIME!

4: Level up with a Game

- Motivate yourself using a level system. Decide on the reward you'll need for the next level – and get moving!

5: Find Accountability

- This isn't about shaming or guiltting you into doing things. This is about holding up a mirror to reflect back to you where your behavior is leading.



A word of caution:

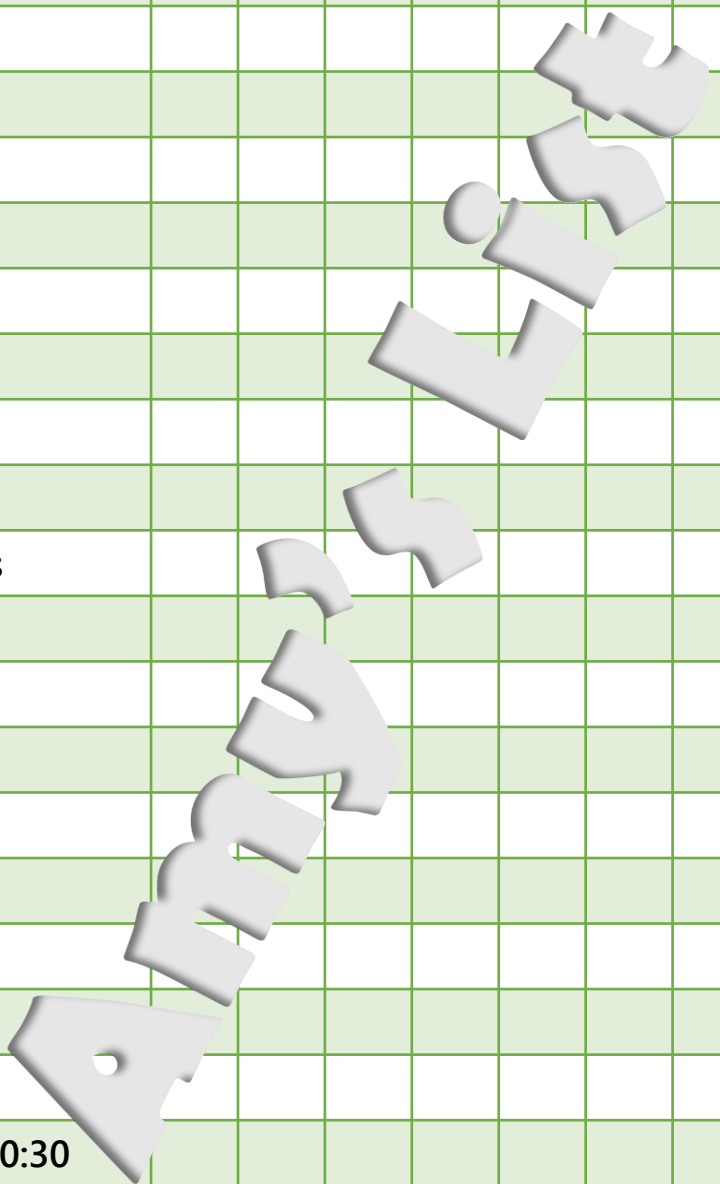
- Be Gentle with Yourself.
- Practice does NOT make perfect.
- Slow down to speed up – build a solid foundation.

I practice my recovery out of discipline and not out of emotion.

PRACTICING MY RECOVERY

We are what we repeatedly do -- Aristotle

	Daily Practice List	S	M	T	W	T	F	S
1	Morning Prayer							
2	Affirmations							
3	Gratitude Journal							
4	Gratitude Email Sent							
5	Make Bed							
6	Recovery Reading							
7	Recovery Contact							
8	Step Work – 15 minutes							
9	Sponsor Contact							
10	Scripture reading – 15 minutes							
11	Work a full 8 hour day							
12	30 minutes outside							
13	Drink a gallon of water							
14	Eat on Plan							
15	Walking – 30 minutes							
16	Family Contact							
17	Rigorous Honesty							
18	Journal / Writing							
19	Bed by 10, electronics out by 10:30							
20	Evening Prayer							
	TOTALS:							



I practice my recovery out of discipline and not out of emotion.

