## Element #1 – Awareness

Emotional Awareness Exercise. As you go about your day and experience negative emotions, answer these 3 questions:

1. What emotion am I feeling? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Where in my body am I feeling it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How will I let go of this negative emotion? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Questions to improve your awareness:

1. Do you believe you are suffering from a mental disorder? \_\_\_\_\_\_\_\_\_\_\_\_\_
2. Have you ever been diagnosed with a mental disorder by a psychiatrist or physician? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Do symptoms interfere with your ability to complete daily activities? If yes, how so? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What difficulties are you having in school, work, or relationships? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Are you using drugs or alcohol to cope with stress? If yes, what do you believe it helps with? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Do drugs or alcohol impair your functioning? If yes, specify each problem substances cause. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. How aware are you of your body, thoughts, feelings, and behaviors? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What can you do to become more aware? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How would others perceive and describe you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How do you perceive and describe yourself? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Implementing Awareness:

1. Discuss psychiatric symptoms with your mental health practitioners.
2. If diagnosed with a disorder, educate yourself about it, ask your healthcare professional for resources.
3. Get feedback from others; ask trusted family and friends for feedback about how they perceive your functioning.
4. Make a list of problems that you would like to overcome.
5. Take some time and focus on your body, thoughts and emotions.
6. Imagine watching video footage of a recent stressful situation. Replay it from an outside perspective while removing your emotions. Look at it from everyone’s point of view, not just your own. Just like watching a movie, you may find yourself able to see the narrative from multiple perspectives. Taking a step outside of your own perspective can help you distance yourself and enable you to have a more balanced assessment of the situation. What did you discover from this exercise? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Element #2 - Home Environment

Questions to assess your physical and emotional environment:

1. Is your current housing situation placing your physical and emotional well-being at risk? If so, describe. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Do you live in a safe place, with supportive individuals? If not, how could you improve the situation? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housing Resources:

1. Local shelters may provide temporary housing as well as additional resources.
2. Consider a domestic shelter or state agency if you abuse is present.
3. Discuss housing with friends, family, social workers or case managers.

## Element #3 - Physical Health

Questions to assess physical health:

1. Think back to the last time you had a cold or infection. What was your energy level, mood, and ability to concentrate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What is your current physical health status: poor, fair, or good? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Do certain foods affect how you feel or your energy level? If so, which foods?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. How aware are you of every bite of food you eat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Why are you eating when you do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Are you living to eat or eating to live? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Are you eating for emotional comfort? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Are you mindlessly filling your mouth while watching television? \_\_\_\_\_\_\_\_\_\_\_\_\_ Are you selecting healthy, flavorful options and savoring each bite? \_\_\_\_\_\_\_\_\_\_
5. How physically active are you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How much are you moving your body each day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How do you feel when you sleep 6-8 hours per night? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How do you feel when you get more or less? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How to implement better health:

1. Ask your primary care physician which lifestyle changes you can make that will improve your chronic medical illness. Illnesses to consider include, but are not limited to obesity, diabetes, heart disease, lung disease, and autoimmune illnesses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Become more aware of what you eat. Consider making a food journal or taking photos of each meal and reviewing this with a physician or nutritionist.
3. Make it a routine to engage in at least one physical activity a day, pick a workout buddy, even if it is just a walk in your neighborhood together. Go for a hike or make it a scheduled workout plan at the gym. What will it be? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Experiment to find out what type of exercise you like, and try a bunch of things. Many gyms will give you a free trial. Try a beginner’s yoga or tai chi class, go for walks or hikes. Find the one or two you like best and make it a part of your regular schedule. What will you try? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Make sure you get the proper amount of sleep, start with the sleep hygiene tips in the book *Recovery Revolution*.

## Element #4 – Purpose

Questions to explore your daily purpose.

1. Have you been isolated to your bed or apartment due to psychological symptoms? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What activities do you enjoy completing each day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What excites you, what is your purpose, what do you want to achieve in your life and what goals and action steps are you following to complete these goals? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Think back to a time when you were functioning well or in childhood, what lit you up? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. What scholastic subject did you naturally excel in or did you like best? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How can you pursue further education in that area or put that knowledge to work? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Consider writing out a daily or weekly inventory.
7. What is the one thing you would want to accomplish in your lifetime? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ways to implement Purpose.

1. Find and do at least one thing you enjoy each day. What is it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Can’t come up with a purpose or meaning? Ask friends what gives them purpose and meaning, what do they enjoy? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ You can also discuss this topic with your talk therapist.
3. Make a list of your short term, intermediate, and long term goals. Break each goal down into individual steps with an appropriate timeline. Then, take action to complete each step.
4. Make a trip to the library. Wander around and thumb through books until you find something that intrigues you, check out a stack of books and start consuming knowledge; it will lead into new worlds of discovery and possibilities.
5. Enroll in a class or seminar about a topic you enjoy.
6. Research jobs you would like to perform.
7. Find a way to “give back” such as sharing knowledge or volunteering.
8. If you still can’t figure it out, just pick something fun! Take a painting class, go bowling with a friend, clean your home or get outside for a walk. Goals and activities may change over time, but you need a starting place. What will you try? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Element #5 – Community

Questions to help identify your communities:

1. Can you make a list of each activity you participate in a week? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Where do you go? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. With whom do you meet and interact? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What are your interests and hobbies? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What is your cultural identity? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Personal identity? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. What roles have you neglected? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Which ones have you fostered? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Which groups and organizations are you a part of, both in person and online? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ways to increase your community connections:

1. Many cities have local Psychosocial Clubhouses. These are places to go, have meaningful relationships, and engage in meaningful work. Research some in your area, which will you visit? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Pick a personal identity role and get social. What role are you going to select? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Call a friend and plan an activity--go for a walk, hike, go to a family members’ sports game, attend that social event you’ve been invited to, or support a local charity or cause. Who are you going to call? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Schedule a group celebration, for yourself or a friend, after a completed goal. How will you celebrate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Search for local events in your community. Newspapers usually feature upcoming activities or search online. Many will even be free. What did you find? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Find your best friend or confidant; it could save your life!

Who will it be? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Practice savoring positive social encounters. Try it now, pick a previous joyful experience and reminisce on those good thoughts and feelings for 1 minute. How do you feel afterwards? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Element #6 - Non-Linear

Nonlinear recovery questions and comments

1. Can you look back on your psychological journey with mental illness and see different periods of declining and improved functioning? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How has your diagnosis served you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ What have you learned from your illness? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Remember that just as in life, recovery has ups and downs. Don’t let a bump in the road throw you off your recovery. Pick yourself up, dust yourself off, and keep going!

**Element #7 – Hope**

Questions about hope:

1. What things have caused you to feel hopeless in the past? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. When was there a time in your life that you were hopeful?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What things have given you hope in the past?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What does hope feel like?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Element #8 - Personal Responsibility

How do you begin implementing personal responsibility in your recovery?

1. Have you been answering the questions at the end of each chapter? The answers are your recovery plan. You have already begun taking responsibility by selecting the things you want and, just as important, what you don’t want, in your recovery by answering and implementing your recovery preferences.

2. An additional approach is to take some time to sit down and write out your goals. Describe how you would like your ideal day or life to look like. This will give you a foundation to begin. Then make smaller goals of what resources you require and what you need to add or remove from your life to achieve that improved level of functioning.

3. You may ask a trusted friend or mentor for guidance. A certified peer specialist could be a powerful advisor, as they support persons in recovery, while being in recovery. Who will you speak with? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Remember, you are in charge of your recovery. Are you putting enough time into this important job? Select a time each month to review your recovery goals, progress, and then make subsequent additions and new goals.

##

## Element #9 – Self-Determination

Making your Recovery Individualized

1. Work with your mental health prescriber to find the right medication combination that’s right for you.
2. Consider talk therapy and ask around for recommended therapists to find a good fit.
3. Make a list of the people you want to involve who will be supportive in your recovery. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Consider a support group. Start by searching local or online support groups. What did you find? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Find an area in your life that you want to learn more about and make a commitment and follow through. It might be enrolling in that class you have been thinking about for years, signing up for a fun social group or volunteering for a good cause. What will it be? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. By selecting various individual facets within each recovery element, you will be effectively individualizing your recovery. It’s built-in!

**Element #10 – Spirituality**

Ways to implement religious practice and spirituality.

1. Do you already have a strong religious background? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ You may select re-integrating your previous practices. It may be more enjoyable to practice with loved ones. Who will you ask? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. No previous religious background? No problem. Did you ever wonder about certain religious or spiritual practices? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ask someone about their religious practices or pick up a book on the topic to find out more. Ask to join your friend the next time they go to a service.
3. Many religions and cultures use physical reminders for prayer. These may include rosary, prayer or worry beads. Consider using an external reminder for your daily prayer practices.

Daily Gratitude Practice Suggestions

1. Keep a gratitude journal. Write 3 things that you are grateful for each morning when waking or before bed.
2. Find a gratitude object. Maybe a gratitude rock or crystal. Passionately recite three things you are grateful for each time you put it in and out of your pocket.
3. Consider including gratitude as part of your daily prayers or before meals.

### Creating Your Recovery Plan

1. Inventory. Make an inventory of where you are with each element of recovery. Write down at least one or two things you want to do for each of the 10 elements of recovery. If you have been answering the questions at the end of each chapter, you have already completed this step!
2. Goals. Set goals for each item. *The key here is to be specific with dates and times.* Maybe it’s drinking a green smoothie *every morning for breakfast* or exercising *three times a week immediately after work.*
3. Implement. Execute and follow through on your above recovery goals. I personally like posting notes to help me remember. Consider placing your recovery goals somewhere you will see them each day, such as your bathroom mirror or on the fridge.
4. Repeat. Every few weeks or months you will want to reassess your recovery plan and goals. Take another inventory, set new goals for yourself and then implement. Recovery is an ongoing process. This is also the time to reflect on what you have accomplished and celebrate your achievements!