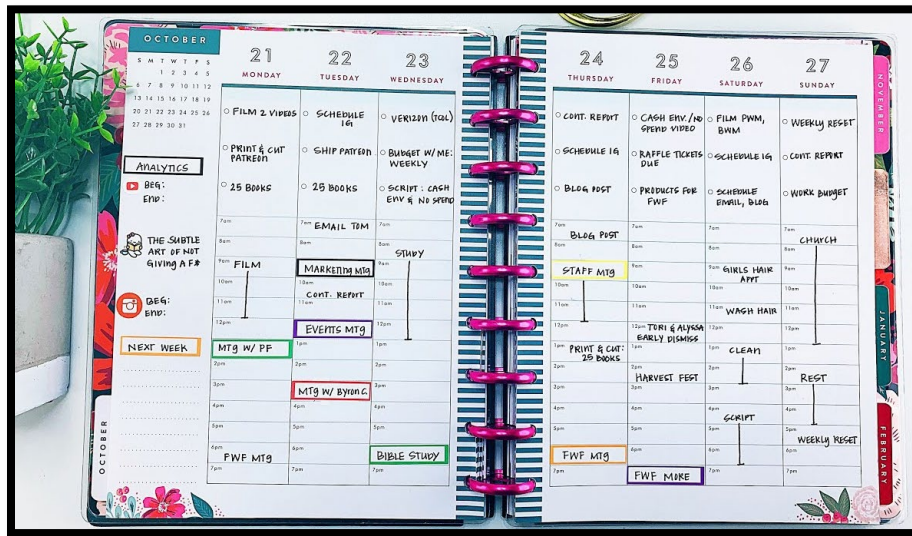


# PLAN YOUR WEEK ~ THEN WORK YOUR PLAN



It's essential to create a structure for your week that includes important recovery tasks, and activities for all the extra time you have now that you are not using or recovering from using drugs and alcohol. Too much free time can lead to boredom and boredom is the number one reason for relapse. So begin in the morning...

## AM Rituals:

- Read a devotional to center your mind and begin your day well.

## PM Rituals:

- Review your day and identify if you need to make amends for anything you said or did.
- Be sure you are taking a close look at yourself and intentionally changing your character defects.

## Daily/Monthly Rituals:

- Have at least one new thing you try each month that you've never done before in an effort to learn who you are in sobriety. There are so many activities/hobbies available to us that we never explore while we are in our addictions. Take the time to identify things you want to try and get them scheduled.

## Recovery Activities

- Take the initiative to read about recovery principles.
- Work on the 12 Steps.
- Go to a meeting or meet with your sponsor.
- Be helpful to others.