

Elevate Your Sobriety Journey

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Simple daily tips, reflections, and Strategies to help you grow in recovery

This workbook is designed to support anyone who is ready to reflect, grow, and become more intentional in their sobriety journey.

While the concepts inside can be helpful to many people, this workbook is written from the lessons I have learned through my own personal journey — from active alcoholism to gratefully recovering. My intention is to take my own trial and error, my failures and successes, and turn those lessons into simple, practical strategies that can help others strengthen their mindset, build deeper self-love, and begin taking their sobriety journey to the next level.

By the end of this workbook, you will have created your own personalized list of tips, tools, habits, and strategies that you can begin implementing into your everyday life.

As you move through these pages, you may feel led to take a step back from your current reality and take an honest look at the small habits, routines, thoughts, or patterns that may be holding you back. This process is not about judging yourself. It is about becoming more aware, more intentional, and more committed to the version of yourself you are becoming.

Please be mindful as you work through this workbook. I encourage you to complete the sections in order, give yourself time to reflect, and trust the process. Growth does not happen all at once — it happens through small, consistent choices made one day at a time.

Are you ready?

Let's level up.

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Declutter

For me, clutter equals chaos, anxiety, and depression.

When I was in active addiction, almost everything in my life felt cluttered and in disarray. My bed was rarely made. My other “bed” — also known as the couch — was usually covered in extra stuff that needed to be put away. Dishes and laundry piled up. My car was almost never free of clutter. The list could go on.

When I think back on those years and put it into perspective, clutter represented so much more than a messy space. It represented chaos, anxiety, depression, restlessness, and the lack of peace I felt within myself.

Now, in recovery, tidiness and cleanliness feel like a new way of living. Keeping clutter out of my life helps me feel more peaceful, safe, comfortable, grounded, and — did I mention — **SOBER?**

A clear space does not magically fix everything, but it can create room for a clearer mind. And when you are on a sobriety journey, protecting your peace matters.

Reflection: Take Inventory of Your Physical Space

I encourage you to think about the physical clutter in your life today.

If you are in recovery from substance use, has your tidiness improved? If so, in what ways?

My tidiness has improved by:

Now, really dig deep for this next question.

In what ways does the clutter in your physical space still resemble how your environment looked or felt during active addiction?

This may feel uncomfortable to answer, and that is okay. This workbook is not about shame. It is about awareness. Sometimes we have to be willing to look honestly at what still feels chaotic so we can begin creating change.

The clutter in my physical space still resembles old patterns by:

Oof. Yeah, that might be a tough pill to swallow if you realize not much has changed yet.

But here is the good news: every day is a new day. Every moment is a new chance to better ourselves. It is never, ever too late to implement positive changes.

You do not have to fix everything overnight. You only have to begin.

Declutter Reset: 10 Specific Ways to Clear Your Physical Space

The ideas below are meant to serve as **examples** to help you get started. You do **not** have to use all of them, and you are absolutely encouraged to come up with your own unique ways to declutter your space based on your lifestyle, your needs, and what feels realistic for you.

The goal is to find simple actions that help your physical environment feel calmer, cleaner, and more supportive of your sobriety journey. Choose what works for you, add your own ideas, and make this process personal.

Example ways to declutter your space:

1. Make your bed every morning.

Making your bed is a small action that can create an immediate sense of order. It gives you one completed task at the beginning of the day and can help your room feel calmer right away.

2. Clear off your nightstand.

Your nightstand is one of the first things you see when you wake up and one of the last things you see before going to sleep. Keep-

ing it clear can help create a more peaceful start and end to your day.

3. Do one load of laundry from start to finish.

Laundry can quickly become overwhelming when it piles up. Instead of trying to do everything at once, focus on one complete cycle: wash, dry, fold, and put away.

4. Wash the dishes or load the dishwasher.

A sink full of dishes can make your whole kitchen feel chaotic. Taking a few minutes to clear the sink can help your space feel cleaner and more manageable.

5. Throw away obvious trash.

Start with the easiest category: trash. Walk through your room, car, kitchen, or living space with a trash bag and remove anything that clearly does not need to stay.

6. Clear one surface.

Pick one counter, table, desk, dresser, or chair and fully clear it off. Focusing on one surface at a time keeps the task from feeling too overwhelming.

7. Clean out your car.

Your car can become an extension of your mental state. Removing cups, wrappers, clothes, receipts, and random items can help you feel more in control when you get in and drive.

8. Create a “home” for items you use daily.

Keys, wallet, purse, chargers, journals, and other everyday items should have a designated place. This reduces stress and helps you avoid the frustration of constantly searching for things.

9. Donate or remove items that no longer serve you.

Sometimes clutter is not just mess — it is old energy. Clothes, objects, or reminders from past seasons of life may be taking up physical and emotional space that you are ready to release.

10. Reset one room before bed.

Choose one room to lightly reset each evening. This could mean fluffing pillows, folding blankets, putting cups in the sink, or returning items to their place so you wake up to a calmer environment.

Your turn: create your own declutter ideas

Now that you have seen a few examples, take a moment to think about what decluttering looks like in **your** real life.

What spaces, habits, or small routines would make the biggest difference for you? What unique clutter tends to build up in your environment? What simple changes could help your space feel more peaceful and manageable?

My own unique ways to declutter my space are:

- 1.
- 2.

3.

4.

5.

My Declutter Action Plan

From the ideas above, choose 5–10 decluttering actions you want to implement in your own life.

The decluttering habits I want to start are:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

The 10-Minute Tidy

If you are overwhelmed by the current clutter in your physical space and do not know where to begin, I want to introduce you to something I now use in my day-to-day life: the **10-minute tidy**.

You do not have to use 10 minutes if that feels like too much or too little. You can choose 2 minutes, 5 minutes, 20 minutes, 30 minutes, or whatever amount of time feels best for you.

The point is not perfection. The point is intentional action.

Step 1: Choose your time.

Decide how long you want to tidy. If you are feeling overwhelmed, start small. Even two focused minutes can help you build momentum.

Step 2: Set a timer.

Set a timer for your chosen amount of time. This helps create a clear beginning and end so the task feels less intimidating.

Step 3: Put your phone down.

Unless you are using your phone for music or the timer, try not to scroll or answer messages during this time. Give yourself the gift of focused attention.

Step 4: Put on music if it helps.

Choose music that makes you feel motivated, peaceful, or energized. The goal is to make tidying feel less like punishment and more like care.

Step 5: Tidy as much as you comfortably can.

During your chosen time, focus only on tidying your physical space. Pick up trash, put items away, clear a surface, fold clothes, or do whatever feels most helpful in the moment.

Step 6: Stop when the timer goes off.

When the timer ends, you are finished for the day. Let yourself feel proud of what you completed instead of focusing on what is still left to do.

Step 7: Pick back up tomorrow.

Whatever is left over can be handled during your next 10-minute tidy. This habit works because it turns a big overwhelming task into a small daily rhythm.

Over time, this can become a seemingly effortless way to keep your physical space more clutter-free. A clean environment can support a clearer mind, and in recovery, protecting our mental space is so important.

You are not just cleaning your room, your kitchen, your car, or your home.

You are creating an environment that supports the version of you who is healing, growing, and choosing sobriety one day at a time.

Today's 10-Minute Tidy Reflection

Where will I complete my 10-minute tidy today?

How much time will I commit to?

What do I want this space to feel like when I am finished?

How did I feel before tidying?

How did I feel after tidying?

Chapter 1 Closing Reminder

Decluttering is not about becoming perfect, spotless, or obsessive about your space. It is about creating an environment that feels safe, supportive, and peaceful.

Your physical space can either add to your chaos or support your healing. Today, you get to choose one small action that supports your peace.

Start there.

Clearing Mental Clutter

Now that we know how to implement better practices in keeping clutter out of our physical spaces and living areas, let's dive into the ways we can begin clearing out unwanted mental clutter as well.

So many times, the messiness in our minds shows up in the form of thoughts and beliefs like:

- “I’m not good enough.”
- “I will never be able to reach my goals.”
- “What’s the point of getting sober if I’m still not happy?”
- “Why can’t I look like that person?”

These kinds of thoughts can quickly pile up and create mental and emotional clutter rooted in unhappiness, unworthiness, fear, shame, self-doubt, and self-sabotage.

The good news is that there are a few simple yet highly underestimated ways to begin challenging these limiting beliefs and cleaning up our minds.

For a long time, I believed these practices were nothing more than mundane time-fillers, awkward exercises, or things that only worked for people who were already successful or seemed to “have their life together.”

Newsflash: I was so wrong.

These simple tools can truly change the way we view ourselves. They can help us build self-awareness, strengthen self-love, and begin replacing the negative beliefs we often pick up during active addiction with thoughts that are more honest, healing, and empowering.

Three of the most simple — yet incredibly powerful — tools we can use to begin elevating our mindset are:

- Journaling
- Positive Affirmations
- Gratitude

Journaling

Journaling can seem overwhelming when we overthink it. But the truth is, there are no set “rules” for personal journaling, and you do not have to turn in your journal entries to be graded like you are in English class. Thank goodness, right?

Journaling can simply be a fancy way to describe a **brain dump**. It is the practice of writing down the thoughts you have running through your mind in order to release them instead of carrying them around all day.

Sometimes our thoughts become so crowded that everything starts to feel tangled, heavy, and hard to sort through. Journaling is a simple and effective way to get what is on your mind out onto paper — or into an electronic notepad — so your thoughts are no longer all competing for your attention at once.

When you write things down, you create **mental space, clarity, and emotional release**. Instead of letting every thought stay trapped in your mind, journaling gives those thoughts somewhere to go.

For this next exercise, use the space below as an open-ended journal prompt — or simply a **brain dump**.

Do not spend extra time trying to figure out the “right” thing to write. Just write.

Write how you feel. Write what is bothering you. Write what keeps replaying in your mind. Write what you think you can do, what you think you cannot do, what you are afraid of, what you hope for, and what you aspire to become.

Let this be a space where you can be fully honest. There is no judgment here. This is your space.

You are worthy, loved, powerful, and capable exactly as you are.

Brain Dump Journal Entry

Use the space below to write freely. Do not censor yourself. Do not overthink. Just let it out.

Check In With Yourself

Welcome back.

I hope this exercise gave you a chance to pause, release, and reconnect with yourself.

Take a moment to notice how you feel now. Do you feel any different than you did before writing? Does your body feel lighter? Do you have more clarity, peace, or emotional space than you had a few minutes ago?

Take a few quiet moments to reflect on your journaling experience below.

Write freely and honestly without worrying about getting it perfect.

How do I feel after journaling?

What came up for me while I was writing?

Use this space to write any additional thoughts, emotions, or reflections that came up during this exercise.

Identifying Negative Thoughts and Emotions

After a meaningful journaling experience, you may notice a variety of emotions coming to the surface — some expected, and some unexpected.

If feelings of encouragement, love, positivity, courage, peacefulness, or safety come up, lean into them.

If more difficult emotions arise — such as fear, anger, doubt, sadness, embarrassment, defeat, or restlessness — that is okay too.

In everyday life, and especially during active addiction, many of us spend so much time repressing, avoiding, or numbing our emotions, particularly the ones that do not feel good. Because of that, one of the hardest — yet most rewarding — parts of recovery is **learning how to feel our negative emotions so we can begin to heal their root cause.**

This next part of the workbook asks you to be vulnerable with yourself. It may feel uncomfortable, but that discomfort does not mean you are doing anything wrong. In fact, growth often begins when we are willing to be honest about what is really going on beneath the surface.

We have to get uncomfortable to get comfortable.

For this exercise, take a moment to identify any negative emotions, thoughts, or beliefs that are coming up for you.

If you feel restless, angry, embarrassed, sad, heartbroken, fearful, ashamed, or defeated — whatever it may be — use the space below to explore where those emotions may be coming from and how they **feel** for you.

Be honest with yourself. Avoiding the hard or uncomfortable parts only keeps us stuck. Naming what is there is the first step toward changing it.

And do not worry — after this exercise, we will begin learning how to reframe these negative emotions and limiting beliefs into thoughts and affirmations that can better support your healing journey.

Reflection Exercise: What Is Coming Up for Me?

Take a few quiet moments to reflect on what came up for you during this exercise. Write freely and honestly without worrying about saying it perfectly.

What negative emotions, thoughts, or beliefs are present for me right now?

What do I need to acknowledge, release, or better understand about what I am feeling?

Use this space to write any additional thoughts, emotions, memories, or reflections that came up during this exercise.

Before We Move On...

Before we move on, I just want to take a moment to say how proud I am of you for completing the reflections you just worked through.

Getting uncomfortable with ourselves is not easy.

In my active addiction, I hated looking inward at my emotions. Honestly, I would have never willingly considered taking a deep dive into my feelings. Ew... right?!

But the truth is, addiction for me always involved looking for “quick fixes,” numbing any feelings of discomfort, and not having a damn clue how to even begin reflecting on the emotions I was experiencing.

So if you just took the time to be honest with yourself, sit with uncomfortable emotions, and reflect on what may be coming up beneath the surface — that is something to be proud of.

This kind of work may feel uncomfortable, but it is powerful. Every time you choose awareness over avoidance, honesty over numbing,

and healing over running, you are actively up-leveling your personal recovery journey.

So yes, I am proud of you.

And I hope you are proud of yourself too.

Positive Affirmations

Now, let's begin reframing any of the negative emotions that may have come up in this chapter and turn them into positive, encouraging affirmations that you can grow from and flourish with.

Can you identify, even partially, the root cause of the uncomfortable emotion you felt?

Sometimes the negative thoughts we carry are not actually about the surface-level problem. Often, they are connected to something deeper — a fear, a wound, an insecurity, a shame story, or a belief we have carried for a long time.

For example, a dissatisfaction with the way I look may actually stem from a deeper fear of being rejected, not accepted, or not liked.

That is why this work matters so much.

When we begin to identify the root beneath the feeling, we give ourselves the opportunity to reframe it. Instead of staying stuck in a harmful thought, we can intentionally replace it with a more healing, honest, and empowering belief.

Here is an example of what that process can look like:

Negative thought:

“I hate the way I look.”



Possible root cause:

A fear of rejection, not feeling good enough, or believing I need to look a certain way to be loved or accepted.



Reframed positive affirmations:

“I am not afraid.”

“I am perfect just the way I was created.”

“My body is strong, powerful, and beautiful.”

“I attract love, peace, and confidence into my life.”

See how beautiful and powerful it can be to get uncomfortable with our feelings when the end goal is healing?

When we take time to identify the root of our emotions, we can begin telling ourselves new truths that directly challenge our limiting beliefs. These affirmations become powerful counter-statements to the negative stories we may have repeated for years.

And slowly but surely, we begin to loosen the grip of those pesky negative feelings.

A Few More Examples of Root Causes Behind Negative Feelings

Below are a few examples to help guide your thinking. These are simply meant to inspire reflection. Your own root causes may look different, and that is okay.

Feeling not good enough

Sometimes this can stem from a root belief of unworthiness, comparison, rejection, or a fear that who you are is not enough. An affirmation for this might remind you that your worth is not up for debate.

Feeling anxious or restless

This may come from a lack of trust, fear of the unknown, or feeling unsafe in stillness. A supportive affirmation can help create a sense of grounding, peace, and safety.

Feeling ashamed of the past

This often comes from guilt, regret, or identifying too strongly with past mistakes. A healing affirmation can remind you that your past does not disqualify you from growth, love, or recovery.

Feeling afraid of failure

This can be rooted in perfectionism, fear of judgment, or believing that one setback defines you. An affirmation here can reinforce resilience, courage, and the ability to keep going.

Feeling lonely or rejected

This may stem from abandonment wounds, disconnection, or believing you are unlovable. A positive affirmation can help reinforce belonging, love, and emotional safety.

Reframing Exercise

Use the space below to write a negative emotion, thought, or belief that is present for you.

Then, identify what you believe may be the root cause beneath it. From there, reframe it into a beautiful, powerful positive affirmation that is crafted specifically for you.

Repeat this exercise as many times as you need.

Remember: this is a safe and sacred space for you.

Negative thought, feeling, or belief:

Possible root cause:

My personalized positive affirmation:

Negative thought, feeling, or belief:

Possible root cause:

My personalized positive affirmation:

Negative thought, feeling, or belief:

Possible root cause:

My personalized positive affirmation:

Affirmation Reflection

Take a few quiet moments to reflect on what this exercise brought up for you. Write freely and honestly without worrying about getting it perfect.

What felt important for me to reframe today?

What new belief or affirmation do I want to keep speaking over my life?

Use this space to write any additional thoughts, emotions, or reflections that came up during this exercise.

Affirmation Practice Page

Use this page to write powerful affirmations that support your healing, growth, and sobriety journey.

Start each line with **“I am...”** and speak to the version of yourself you are becoming. Take your time. Write what feels honest, encouraging, and true for you.

I am

I am

I am

I am

I am

I am

I am

I am

I am

I am

I am

I am

I am

I am

I am

I am

The words I speak over myself matter. Every affirmation is a step toward healing, confidence, and freedom.

Gratitude

Congratulations on the amazing work you have put in so far!

We are very much on our way to elevating our lives in recovery. The third and final step in this chapter is much less in-depth than the first two — you're welcome — but it is equally as important when it comes to reframing your mindset.

All you have to do is think of what you are grateful for. Simple enough, right?

There is no big secret to this one. Gratitude is the practice of intentionally noticing and appreciating the good, supportive, meaningful, or even simple things in your life.

Scientists are now seeing that a regular gratitude practice can actually help change the way our brains work over time. It may help increase feel-good chemicals like dopamine and lower stress hormones like cortisol.

In simple terms, **gratitude can help train your brain to focus more on what is good**, which can help you feel calmer, happier, and less stressed.

For a simple gratitude practice, I personally keep a tiny journal on my bedside table. Each night before I go to sleep, I write down five things I am grateful for that day. I call these **“my gratitudes.”**

You can also do this first thing in the morning when you start your day, during a lunch break, after a meeting, or truly any time of day that works best for you.

It can be easy to get stuck in the rush of life, daily stresses, triggers, responsibilities, and everything else pulling at our at-

tention. But this is a quick and simple way to be, even if just for a moment, in a grateful, positive, and receiving mindset.

A gratitude practice can help us carry a more open mind, a softer heart, and a more grounded perspective into our daily lives.

Pro Tip

Try not to repeat the same gratitudes every single day.

Of course, there may be certain things you are always grateful for, and that is beautiful. But for this practice, challenge yourself to write down five new things each day so you can expand your appreciation for the life around you.

Some days, your gratitudes may feel big. Other days, they may feel simple.

Both count.

You can be grateful for your recovery, your home, your family, your support system, or your health. You can also be grateful for the tires on your car, clean sheets, warm coffee, a kind text message, a peaceful moment, or the breath in your lungs.

Gratitude does not have to be complicated to be powerful.

Gratitude Practice

Start here, right now.

Use the space below to make a list of ten things you are thankful for today. These can be big, small, serious, simple, obvious, or deeply personal.

Let this be a moment to pause, notice, and appreciate what is already present in your life.

Today, I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Daily Gratitude Practice

After today, I encourage you to continue this habit by writing down five to ten gratitudes each day.

You do not have to write a full paragraph. You do not have to make it perfect. You simply have to pause long enough to notice what is good, what is supporting you, and what is worth appreciating.

Over time, this practice may help you build a more positive, grounded, and open outlook on your life.

My daily gratitude commitment:

I commit to practicing gratitude:

Daily / Weekly / As needed:

At this time of day:

In this place:

Gratitude Reflection

Take a few quiet moments to reflect on what this gratitude practice brought up for you. Write freely and honestly without worrying about getting it perfect.

What did this gratitude practice help me notice today?

How do I feel after taking time to focus on gratitude?

Use this space to write any additional thoughts, emotions, or reflections that came up during this exercise.

Chapter 2 Closing Reminder

Clearing mental clutter does not happen all at once.

It happens through small, intentional practices that help us release what is heavy, reframe what is harmful, and reconnect with what is good.

Through journaling, you gave your thoughts somewhere to go.

Through reflection, you identified emotions and beliefs that may need healing. Through affirmations, you began speaking new truths over your life.

And through gratitude, you practiced noticing what is still beautiful, meaningful, and supportive around you.

These tools may seem simple, but they are powerful when practiced consistently.

Keep coming back to them - your mind deserves peace, your recovery deserves support, and **you deserve to keep growing into the person you are becoming.**

Meditation

In this chapter, we will discuss the importance of developing a regular meditation practice.

Now, you might be wondering how you are supposed to truly understand how to begin meditating just by reading about it in a workbook.

And honestly, you are not wrong.

That is exactly why I want to stress the importance of **action** on your part throughout this chapter.

This workbook — and especially this chapter — is not designed to be rushed. Remember, there is no finish line at the end of the inner work you are doing here. This workbook is meant to enlighten you, enhance your daily routines, and help you develop new habits that you can carry with you for years to come in your recovery journey.

So take your time with these processes, and repeat them as many times as you need to.

It is okay to slow down.

Oftentimes, breakthroughs in life come gently and quietly.

Meditation is one of those practices that often reveals its value through consistency, patience, and presence.

Before You Begin

Before doing any research, I want you to pause and reflect on what you currently believe about meditation.

Do not worry about having the “right” answers. This is simply a chance to notice your current perspective before learning more.

Use the space below to answer the following prompts as naturally as the answers come to you.

What do I currently believe about meditation?

How would I describe what meditation is or how to meditate based on what I know right now?

If I have meditated before, what benefits did I notice? If I have not, what benefit do I hope to find by trying it?

Your Meditation Research Exercise

Now this is where the action on your part begins.

I would like you to open YouTube on your phone, TV, or laptop and type in a search such as:

- how to meditate
- benefits of meditation
- beginner meditation
- how meditation helps the mind
- guided meditation for beginners

YouTube can be a powerful learning tool in our day and age. It gives us access to helpful tips, new perspectives, and practical guidance right at our fingertips.

Do not be afraid to use tools like this to expand your awareness and gain more clarity on topics you want to grow in.

For this exercise, watch **three videos** about meditation that you feel drawn to.

This is not a graded homework assignment. Think of it instead as an empowering personal exercise to help expand your mindset and strengthen your sobriety toolkit.

As you watch, take notes on what you learn, what stands out, and what resonates with you.

Meditation Video Notes

Video 1

Title or creator:

What I learned:

Video 2

Title or creator:

What I learned:

Video 3

Title or creator:

What I learned:

Try a Guided Meditation

Now let's change up the YouTube search.

Guided meditations are an amazing resource and are widely available online, often completely free. They can also be found with many different focus points depending on what you need most.

Some examples include guided meditations for:

- anxiety
- relaxation
- peaceful sleep
- stress relief
- positivity
- letting go of limiting beliefs
- grounding
- emotional healing
- self-love

For the next action step in this chapter, search for a **guided meditation** with a focus point that resonates with you.

Before you begin, make sure you are in a comfortable and quiet place and free of distractions as much as possible.

Meditation is meant to be calming, not stressful. Then:

- press play,
- put your phone down,
- sit or lie down,
- close your eyes,
- and allow yourself to simply be present.

You do not need to perform.

You do not need to get it perfect.

You just need to give yourself the chance to try.

Pro Tip

Wearing an eye mask can help promote deeper relaxation and reduce distractions during meditation.

If you are new to meditation, it is completely normal to feel fidgety or have a hard time focusing.

That does **not** mean you are doing it wrong.

When meditation is new, we are often working with an overstimulated, overthinking, or restless mind. Learning to calm the mind and body is a lot like training a muscle — with practice, patience, and consistency, it can become easier and more natural over time.

A Personal Note on Meditation and Recovery

In active addiction, many of my decisions were made from a place of selfishness, whether that was my true intention or not.

One of the beautiful things about meditation is that, in addition to its many calming and grounding benefits, it can also help us slow down, become more aware, and gain greater clarity in the decisions we make.

For those of us living a life in recovery, meditation can be a powerful way to reconnect with our inner knowing, strengthen our connection to our Higher Power, and create space to receive the clarity we may have once tried to force.

I have often heard it said:

“Prayer is our way of asking for answers, and meditation is our way of receiving those answers.”

After making a conscious effort to maintain a meditation practice, I have found that statement to be deeply true.

Sometimes what we need most is not more noise, more rushing, or more reacting. Sometimes what we need most is stillness.

Meditation Reflection

Take a few quiet moments to reflect on what this chapter and practice brought up for you. Write freely and honestly without worrying about getting it perfect.

What did I learn about meditation and its benefits during this chapter?

What did I notice about myself during this process?

Use this space to write any additional thoughts, emotions, or reflections that came up during this exercise.

30-Day Meditation Commitment

Now, make a commitment to yourself to meditate for at least **5 minutes a day for the next 30 days.**

It does not matter whether you meditate in the morning, afternoon, or before bed. You can absolutely choose to meditate for longer if you want to.

What matters most is that you are making a small but meaningful commitment to yourself — and following through on it.

This is one simple way to show yourself that you are worth the effort, the time, and the consistency.

You are betting on yourself. And that matters.

My 30-day meditation commitment

I commit to meditating for at least 5 minutes a day for the next 30 days.

The time of day I plan to meditate is:

The space where I plan to meditate is:

The type of meditation I want to start with is:

The date I am beginning this commitment is:

Why this commitment matters to me:

Chapter 3 Closing Reminder

Meditation does not have to be long, perfect, or complicated to be meaningful. It simply has to be practiced.

The more willing you are to slow down, sit with yourself, and create space for stillness, the more you may begin to notice its impact on your mind, your body, your spirit, and your recovery.

Start small.

Stay open.

Keep showing up.

Even five quiet minutes a day can become a powerful act of healing, awareness, and self-respect.

Fellowship

When I think back to the end of my addiction, where rock truly met bottom, I don't envision myself living a life outside of pure isolation. Addiction has a way of turning us inward. We get stuck in our own pain, our own thoughts, our own fears, and our own little world. My brain had convinced me that I was simply better off alone. Before long, I was all I had left... sitting in isolation feeling disconnected from everyone and everything around me.

Addiction asks us to isolate; Recovery asks us to do the opposite.

It asks us to connect.

To reach out.

To stop trying to do everything alone.

To be part of something bigger than ourselves.

That is where fellowship comes in.

Fellowship, simply put, is genuine connection. It is community. It is being around people who understand what you are trying to do and who can remind you that you are not alone. Sometimes fellowship looks like meetings, support groups, sober friends, church, volunteering, or even just showing up somewhere consistently so people start to know your name and your heart.

And then there is service work — which can sound big and intimidating, but it really doesn't have to be. Sometimes service work is just as simple as saying yes when you would normally say no.

Those are what I like to call **healthy yes's**. A healthy yes might look like:

- **staying a little longer after a meeting**
- **texting someone back instead of ignoring the message**
- **offering to help set up chairs**
- **checking in on someone who has been on your mind**
- **volunteering for something small**
- **showing up to support someone else**
- **trying that new hobby that's been on your mind**
- **allowing yourself to be present instead of withdrawing**

Service work does not have to be huge to matter. Sometimes the smallest yes can make the biggest difference. And honestly, sometimes the act of getting out of your own head and doing something kind for someone else is exactly what your spirit needs.

Why Fellowship Matters

Fellowship matters because isolation can have a way of trapping us in our own personal hell. When we isolate too much, our thoughts get louder and our negative mindset can start to take over. We start replaying the same fears, the same shame, the same

self-doubt, and before long we are believing thoughts that are not even true.

That is one of the dangers of isolation — it gives our mind too much space to wander without support.

Fellowship helps interrupt that.

It reminds us that we are not alone.

It gives us accountability.

It gives us encouragement.

It gives us a place to be seen without having to have everything figured out.

And sometimes, just being around the right people can change the way we feel about ourselves.

Reflection: My Relationship With Isolation

I want you to simply sit with these questions for a moment, and be honest with yourself:

Where am I still isolating, pulling back, or avoiding connection in my life right now?

How does that isolation affect my mindset or recovery?

What kind of new connection feels most realistic for me right now?

Simple Ways to Practice Fellowship and Service

Below are a few simple ways to begin stepping out of isolation and into healthy connection. Keep in mind, this does not have to be dramatic. Small actions matter.

1. Say yes to something you would normally say no to.

This is one of the simplest forms of service and connection. If it is healthy and safe, say yes to the invite, yes to the check-in, yes to the opportunity to show up.

2. Stay a little longer.

If you normally leave right away, try staying a few extra minutes. Sometimes the connection starts in the in-between moments.

3. Reach out first.

Text somebody. Call somebody. Check in on somebody. You do not have to wait to be chosen every time. Sometimes fellowship begins with you making the first move.

4. Offer help in a small way.

You do not have to lead the whole thing. You can help set up, clean up, carry something, share something, or simply ask, “How can I help?”

5. Be present instead of disappearing.

If your tendency is to isolate, challenge yourself to stay engaged in at least one healthy way. Even a small presence matters.

6. Join something that feels safe.

That might be a meeting, a class, a support group, a volunteer opportunity, a group fitness class, a walking group, or a workout community. You do not need to do everything — just find one place where connection feels possible.

7. Practice one healthy yes.

This one is especially good for introverts. Say yes to one healthy thing you would normally avoid because of discomfort, fear, or habit. That one yes can become a doorway to growth.

My Fellowship and Service Ideas

A few ways I would like to become more connected are:

- 1.
- 2.
- 3.

A few simple ways I can be of service are:

- 1.
- 2.
- 3.

My Next Step

You do not have to change everything overnight. Just choose one or two small things and start there. Small actions matter.

A single meeting matters. A single text matters.

A single act of service matters.

A single moment of showing up matters.

The next healthy yes I want to give myself is:

The next way I want to show up in fellowship or service is:

Chapter 4 Closing Reminder

Fellowship is not about forcing yourself to be overly social or constantly available.

It is about choosing connection over isolation, and allowing yourself to be supported and finding ways to support others in return. It is about remembering that service work does not have to be grand to be meaningful.

Sometimes service looks like a text.

Sometimes it looks like a yes.

Sometimes it looks like staying.

Sometimes it looks like showing up when you would rather hide.

That counts.

You do not have to do recovery alone.

And you do not have to be extroverted to be connected.

Even the quietest people can make a powerful impact simply by showing up in honest, healthy ways.

Self-Care

Before sobriety, I realize now that I did not take very good care of myself. Looking back at old photos now, it becomes even more obvious to me - how puffy my face was, how red my skin was, how unkept my hair was on a regular basis. I was not showing up for myself in the ways I deserved, because my focus wasn't on the ways to live my best and dreamiest life, but rather on where my next drink was going to come from. And honestly, when we are in active addiction, self-care is often one of the first things to fall apart.

But recovery gives us the chance to change that.

Self-care does not have to be fancy, expensive, or time-consuming. Sometimes it is as simple as asking yourself:

What can I do for myself today to feel just a little bit better, simply because I deserve it?

That question matters.

Because you do deserve care. You do deserve good things. And you do deserve to feel a little better.

Sometimes, the smallest act of self-care can completely shift the tone of your day or week.

Self-care can look like:

- washing & styling your hair
- getting a facial, manicure, or pedicure
- doing your laundry or cleaning your home
- reading a book
- playing with your pet
- going for a walk
- going to the gym or sauna
- cooking a new recipe
- playing or learning to play an instrument
- buying yourself a new outfit
- taking a bubble bath
- investing in your personal development (retreat/masterclass/etc)

Reflection: Looking Back and Moving Forward

Take a few quiet moments to reflect on how self-care showed up in your life before sobriety versus how you want it to look moving forward.

In the past, what were some ways I did not take very good care of myself?

Moving forward, what are some ways I want to better care for myself and show myself more love?

What kinds of self-care help me feel most like myself?

My Self-Care List

Use this space to make your own list of simple self-care ideas you can come back to whenever you need them.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Today's Self-Care Commitment

I do not have to earn care. I do not have to be perfect to deserve kindness. I am allowed to take care of myself.

One act of self-care I will give myself today is:

Chapter 5 Closing Reminder

Self-care does not have to be complicated to matter.

Sometimes it is found in the smallest choices: washing your hair, going for a walk, reading a few pages, cleaning your space, or doing something gentle just because you deserve it.

Recovery is not only about what you are walking away from.

It is also about how you begin caring for the person you are becoming. And that person is worth caring for.

Final Section: Putting It All Together

Before we close out this workbook, I want to leave you with something practical you can keep coming back to.

By now, you have worked through decluttering, journaling, affirmations, gratitude, meditation, fellowship, and self-care. That is a lot of beautiful inner work.

But this workbook was never meant to just be read once and forgotten.

It was meant to help you build real habits, real awareness, and real tools you can keep using in your everyday life.

So this final section is all about helping you turn what you learned into your own personalized recovery toolkit.

Your Daily Habit Challenge

Use this tracker to help you stay intentional with the habits we worked on throughout this workbook. You do not have to do everything perfectly. The goal is simply to check in, stay aware, and keep showing up for yourself.

You can use one tracker each week, or duplicate this page and turn it into a longer challenge for yourself.

Weekly Recovery Habit Tracker

Habit	Mon	Tue	Wed	Thu	Fr	Sat	Su
10-Minute Tidy	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Affirmations	☐	☐	☐	☐	☐	☐	☐
Gratitudes	☐	☐	☐	☐	☐	☐	☐
Meditation	☐	☐	☐	☐	☐	☐	☐
Fellowship	☐	☐	☐	☐	☐	☐	☐
Self-Care	☐	☐	☐	☐	☐	☐	☐

My focus for this week is:

The habit I most want to stay consistent with is:

My Personalized Recovery Tips

Now it is time to make this workbook even more personal.

Under each topic below, write down **5–10 personal tips, reminders, or daily habit goals** that stood out to you. These can be things you learned, things you want to practice, or little promises you want to keep making to yourself.

These do not have to sound fancy.

They just need to be real and useful to **you**.

10-Minute Tidy

Write down the decluttering habits or reminders that help you feel calmer, clearer, and more supported in your environment.

- 1.
- 2.
- 3.
- 4.
- 5.

Journaling

Write down the journaling habits, reminders, or mindset shifts you want to come back to when your mind feels crowded or heavy.

- 1.
- 2.
- 3.
- 4.
- 5.

Write down the affirmations or reframed beliefs you want to keep speaking over your life and recovery.

- 1.
- 2.
- 3.
- 4.
- 5.

Gratitudes

Write down the gratitude habits or reminders that help you stay grounded, open, and appreciative.

- 1.
- 2.

3.

4.

5.

Meditation

Write down the meditation reminders, practices, or simple commitments you want to keep with you moving forward.

1.

2.

3.

4.

5.

Fellowship

Write down the reminders, healthy yes's, or connection goals you want to lean on when isolation starts creeping in.

1.

2.

3.

4.

5.

Self-Care

Write down the self-care habits, comforting rituals, or small acts of love you want to keep offering yourself.

1.

2.

3.

4.

5.

Final Reflection

Take a few quiet moments to reflect on what you are walking away with from this workbook.

What are the biggest things I want to carry with me from this workbook?

What habits or tools do I want to keep coming back to in my recovery journey?

Use this space to write any final thoughts, reminders, or encouragements to myself.

Closing Note

Congratulations.

Because of your hard work through these exercises and reflections, you have now created **at least 35 personalized tips** for yourself — and if you choose to go deeper and list up to 10 under each topic, you could have as many as **70 personalized tips** at your disposal.

That is powerful.

Anytime you are feeling stuck, disconnected, overwhelmed, or unmotivated in your recovery journey, feel free to come back to these tips.

You can also revisit, adjust, or redo the exercises in this workbook anytime you need to keep things fresh, honest, and aligned with the lifestyle you are continuing to build.

Growth is not one-and-done.

Recovery is not one-and-done.

You are allowed to come back, reflect again, and keep up-leveling. It has been a privilege to be even a small part of your journey.

Keep going. Keep growing. Keep showing up for yourself. You are worth it.

Legal disclaimer

This workbook is intended for informational, educational, and personal reflection purposes only. It is based on personal experience and general recovery support and is not a substitute for medical advice, therapy, addiction counseling, mental health treatment, or crisis care. No specific results are promised, and each person's recovery journey will look different depending on their circumstances, support system, and level of commitment. Readers should seek support from qualified professionals when needed, especially if they are experiencing withdrawal symptoms, relapse risk, severe emotional distress, mental health concerns, unsafe situations, or any issue requiring clinical or emergency support.