



Today

The Hope Rehab Daily Journal

Daily Review & Time Management

“ TODAY I will try to get a better perspective on my life ”



HOPE
REHAB *Thailand*

This Journal belongs to: _____

Getting Started—Instructions

Morning Notes/Reflections: Check in with thoughts and plans for the day. How did you sleep?

Fitness Log: “get up before your addiction does” and do some exercise. Sets a positive mood.

Recovery Assignments: Getting started can be a challenge so consistent small steps are the way to go.

Counseling Work: checking in, which issues came up?

Groups Attended: “an addict alone is in bad company” Which groups did I attend?

To Do / Goals / Tasks: Identify goals and challenges, however small.

Thought Record: Write down your negative thoughts. The cognitive value of writing by hand makes the unconscious conscious. You can then dispute with new positive thoughts.

Mood Tracker: Monitor how you feel and track improvements.

Mental Health: Anger, depression, anxiety and stress levels progress.

Character Traits: As we get well, we change, we use our assets. Which ones?

Behavior or Habits: Progress - what new or old behavior did you use today?

Significant Events / Triggers: Struggles or triggers are blocks to recovery: Share any events in the community that impact you.

What Can I improve? “this too shall pass, everything passes” – our natural tendency is to feel sorry for ourselves, self-soothe in an unhealthy way. What’s best for your recovery today?

What Did I Learn Today? There is a lesson in everything, especially the painful ones.

Self-Care & Wellness Actions: Take responsibility for your health and well-being. What did you do for your health today?

Service or Kind Acts: Gives many benefits, self-worth, get out of ourselves and self-obsession, we can only keep what we have by giving it away...paradoxical – How did you help?

Evening Notes: Daily Summary & Check Out. Review the day and if you owe an amends do it immediately to stay spiritually healthy and have peace of mind.

Commitment for Today: Identify what needs changing and try and address a little each day.

Affirmation for Today: Write a short statement to briefly summarize what you want.

Rate Your Day: Ask yourself critical questions, tracking change and recovery today.

Recovery Tools: Which recovery tools did you use?

motivation
Monday
“The secret of getting ahead is getting started”
— Mark Twain

Morning Notes

Fitness Today

Counseling Appointment

Commitment of the Day

Mood Tracker

Thought Record

Behavior or Habits Monitor

Groups Attended

Mental Health Log

Self-Care & Wellness Actions

Significant Events or Triggers

What Did I Learn?

Evening Check Out/Summary


RATE Your Day: 0 1 2 3 4 5 6 7 8 9 10

HOPE REHAB Thailand

thoughtful Tuesday

*"One day
or day 1 –
You decide"*

Morning Notes



Commitment of the Day

Groups Attended

Mental Health Log


Fitness Today

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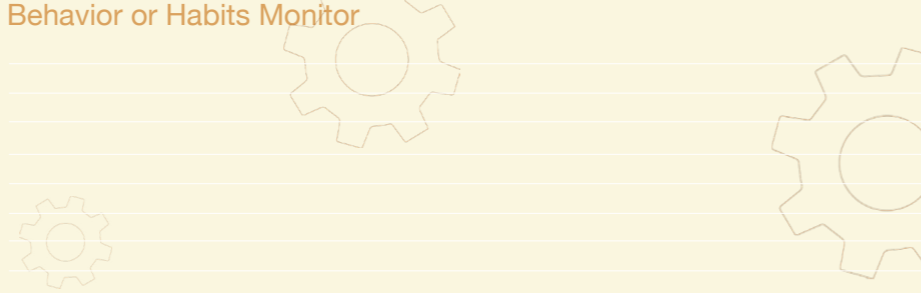
Counseling Appointment

Thought Record

Mood Tracker



Behavior or Habits Monitor



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Morning Notes




Fitness Today

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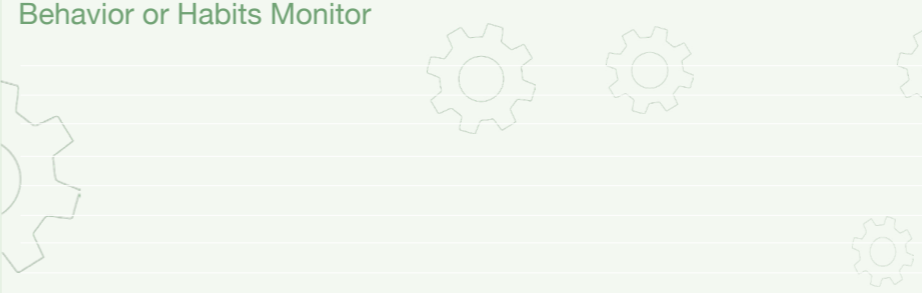
Recovery Assignments

Thought Record

Mood Tracker



Behavior or Habits Monitor



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

worthwhile Wednesday

*"The hard days
are what
make you stronger"*

Commitment of the Day

Groups Attended

Mental Health Log

therapeutic
Thursday

"If you can change your mind, you can change your life"

— William James

Morning Notes



Commitment of the Day

Groups Attended

Mental Health Log

Fitness Today

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Counseling Appointment

Thought Record

Mood Tracker

Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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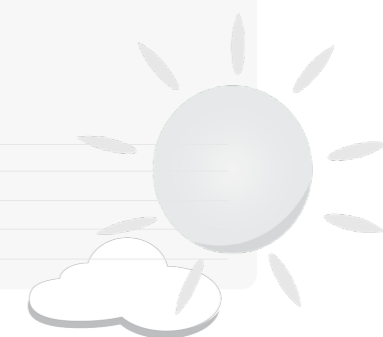
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Evening Check Out/Summary

What Did I Learn?

Morning Notes



Fitness Today

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Counseling Appointment

Thought Record

Mood Tracker

Behavior or Habits Monitor

focus
Friday

"Do one thing every day that scares you"

— Eleanor Roosevelt

Commitment of the Day

Groups Attended

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

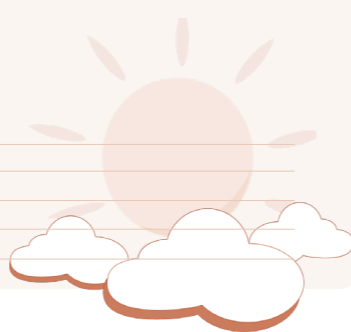


supportive Saturday

"Everything you can imagine can be real"

- Pablo Picasso

Morning Notes



Fitness Today

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Activities Joined

Commitment of the Day

Groups Attended

Mental Health Log

Thought Record

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Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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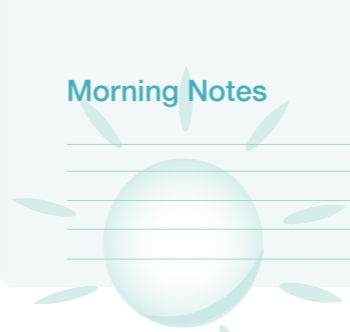
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Evening Check Out/Summary

What Did I Learn?

Morning Notes



Fitness Today

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Activities Joined

reset Sunday

"Turn your wounds into wisdom"

Commitment of the Day

To Do List /Goals

Mental Health Log

Thought Record

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Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

motivation Monday

"Happiness is not something ready-made. It comes from your actions"

Morning Notes



Fitness Today

Recovery Assignments

Commitment of the Day

To Do List /Goals

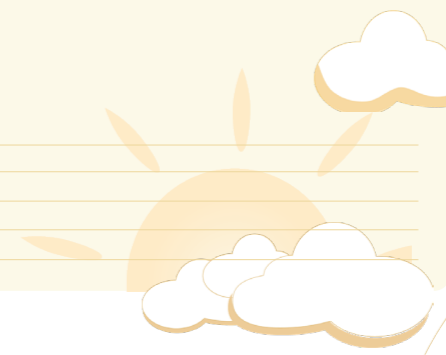
Mental Health Log

Thought Record

Mood Tracker

Behavior or Habits Monitor

Morning Notes



Fitness Today

Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

thoughtful Tuesday

"Don't limit your challenges. Challenge your limits"

Commitment of the Day

To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?



worthwhile
Wednesday

*"The miracle is not the work we do,
but that we are happy to do it"*

—Mother Teresa

Morning Notes



Fitness Today

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Recovery Assignments

Commitment of the Day

To Do List /Goals

Thought Record

Mood Tracker

Behavior or Habits Monitor

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Morning Notes



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Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

therapeutic
Thursday

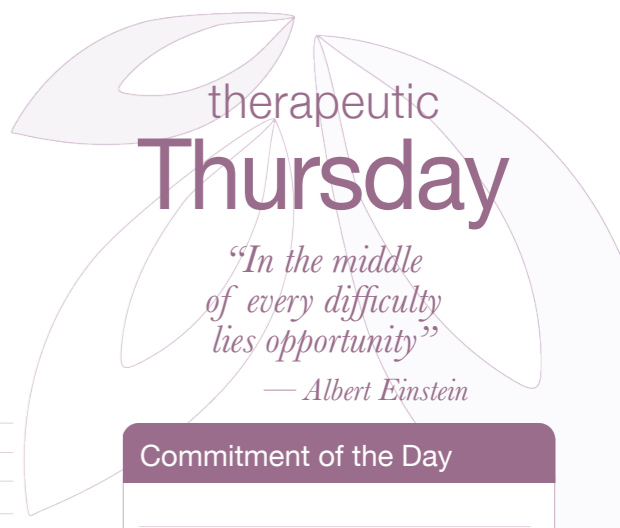
*"In the middle
of every difficulty
lies opportunity"*

—Albert Einstein

Commitment of the Day

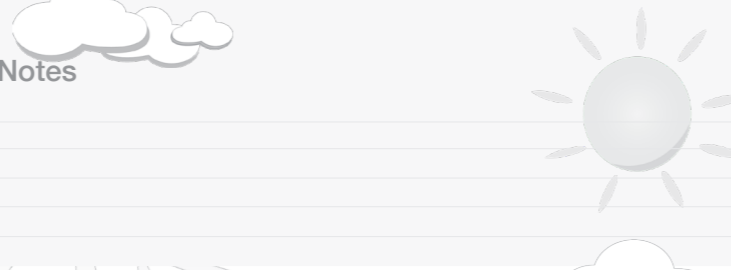
To Do List /Goals

Mental Health Log



focus
Friday
"Opportunities don't happen. You create them"

Morning Notes



Fitness Today

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Recovery Assignments

Thought Record


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Mood Tracker



Behavior or Habits Monitor



Commitment of the Day

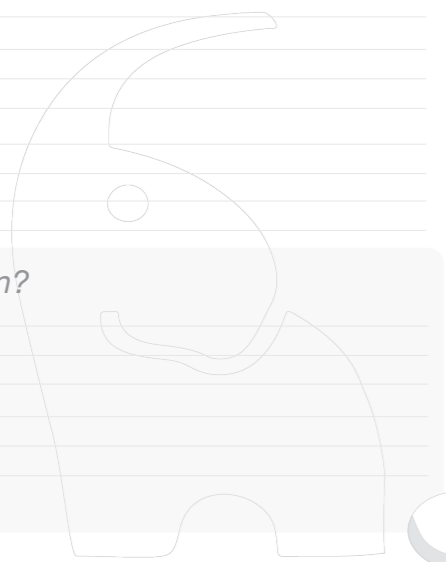
To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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What Did I Learn?

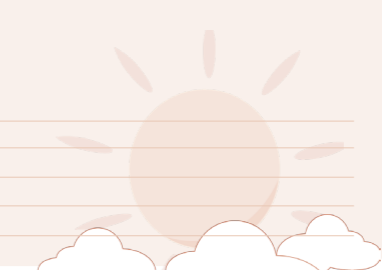


Significant Events or Triggers

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Evening Check Out/Summary

Morning Notes



Fitness Today

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Recovery Assignments

Thought Record


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Mood Tracker



Behavior or Habits Monitor



Commitment of the Day

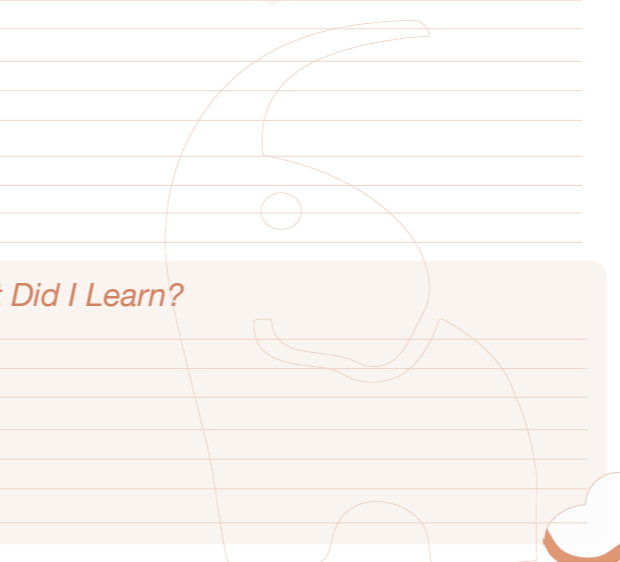
To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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What Did I Learn?



Significant Events or Triggers

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Evening Check Out/Summary

supportive
Saturday
"Today is your opportunity to build the tomorrow you want"

reset Sunday

"If you think someone could use a friend, be one"

Morning Notes

Morning Reflections

motivation Monday

"Make today the day you learn something new"

Fitness Today

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Recovery Assignments

Fitness Today

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Recovery Assignments

Commitment of the Day

To Do List /Goals

Mental Health Log

Thought Record

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Mood Tracker

Behavior or Habits Monitor

Thought Record

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Mood Tracker

Behavior or Habits Monitor

Commitment of the Day

To Do List /Goals

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Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?



thoughtful Tuesday

"It's not what happens to you but how you react to it that matters"

Morning Reflections

Fitness Today

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Recovery Assignments

Commitment of the Day

To Do List /Goals

Mental Health Log

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Thought Record

Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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What Did I Learn?

Significant Events or Triggers

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Evening Check Out/Summary

Morning Reflections

Fitness Today

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Recovery Assignments

worthwhile Wednesday

"The best way to predict your future is to create it"
—Abraham Lincoln

Commitment of the Day

To Do List /Goals

Mental Health Log

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Thought Record

Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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What Did I Learn?

Significant Events or Triggers

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Evening Check Out/Summary

therapeutic Thursday

"When you know your worth, nothing can make you feel worthless"

Morning Reflections



Fitness Today

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Recovery Assignments



Commitment of the Day

To Do List /Goals

Mental Health Log

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Thought Record

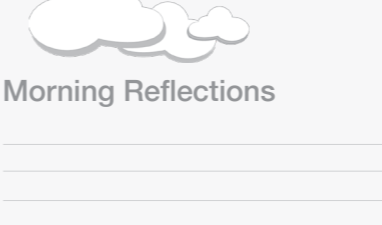
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Mood Tracker

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Behavior or Habits Monitor

Morning Reflections



Fitness Today

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Recovery Assignments



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Thought Record

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Mood Tracker

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Behavior or Habits Monitor

focus Friday

"Action is the foundational key to all success"
—Pablo Picasso

Commitment of the Day

To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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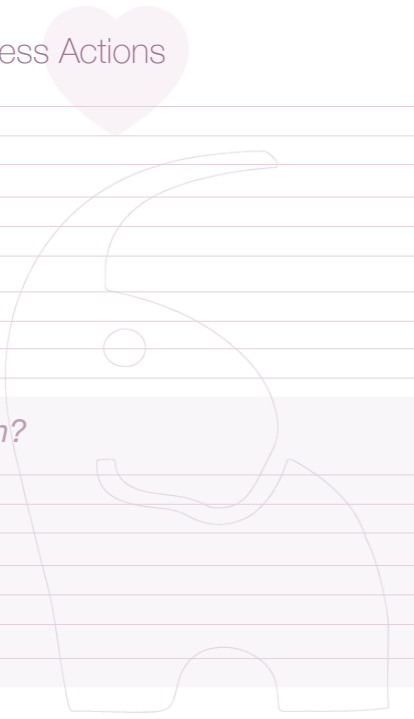
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Evening Check Out/Summary

What Did I Learn?



Self-Care & Wellness Actions

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Significant Events or Triggers

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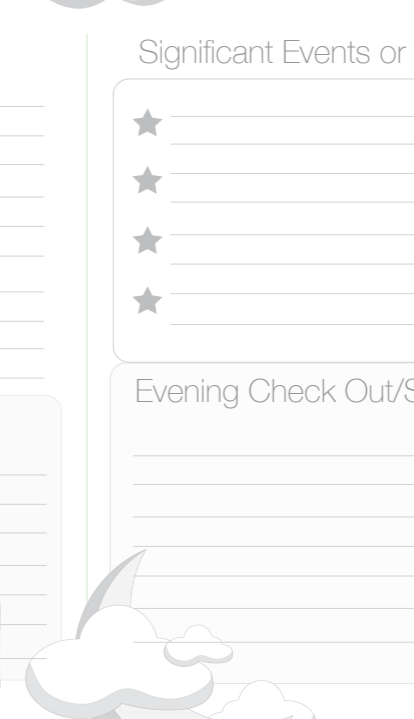
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Evening Check Out/Summary

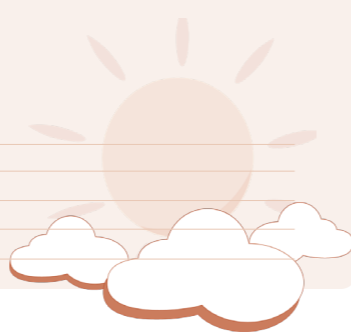
What Did I Learn?



supportive Saturday

"The key to success is to start before you are ready"

Morning Reflections



Commitment of the Day

To Do List /Goals

Mental Health Log

Fitness Today

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Recovery Assignments

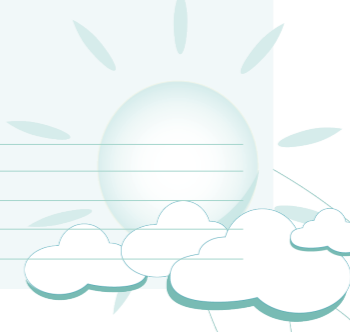
Thought Record

Mood Tracker

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Behavior or Habits Monitor

Morning Reflections



reset Sunday

"Hold the vision, trust the process"

Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

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Behavior or Habits Monitor

Commitment of the Day

To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Self-Care & Wellness Actions

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Significant Events or Triggers

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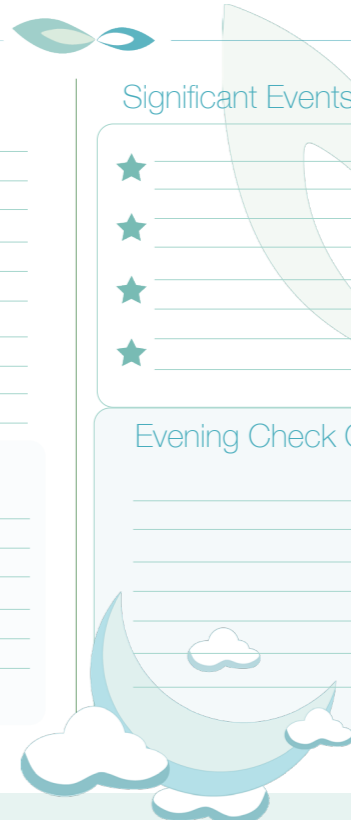
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Evening Check Out/Summary


What Did I Learn?



motivation Monday

"If you change the way you look at things, the things you look at change"

Morning Reflections



Fitness Today

Recovery Assignments

Commitment of the Day


To Do List /Goals

Mental Health Log

Thought Record




Mood Tracker



Behavior or Habits Monitor



Morning Reflections



Fitness Today

Recovery Assignments

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Thought Record



Mood Tracker



Behavior or Habits Monitor



thoughtful Tuesday

"The mind is made up by what it feeds upon"
—William James

Commitment of the Day

To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

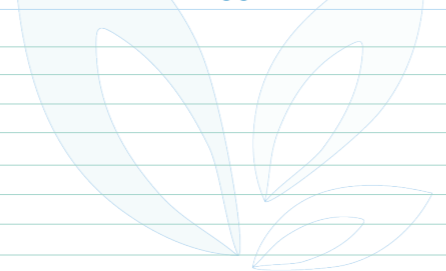
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Evening Check Out/Summary



What Did I Learn?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



What Did I Learn?



worthwhile Wednesday

"Do the things you think you cannot do"

Morning Reflections



Fitness Today

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Recovery Assignments

Commitment of the Day

To Do List /Goals

Mental Health Log

Thought Record

Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?



Morning Reflections



Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?



therapeutic Thursday

"Today is your opportunity to build the tomorrow you want"

Commitment of the Day

To Do List /Goals

Mental Health Log

focus Friday

"Nothing goes away until it teaches us what we need to know"

Morning Notes

Morning Notes

supportive Saturday

"Do the right thing even when no one is looking"

Fitness Today

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Recovery Assignments

Fitness Today

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Recovery Assignments

Commitment of the Day

To Do List /Goals

Mental Health Log

Thought Record

Mood Tracker

Behavior or Habits Monitor

Thought Record

Mood Tracker

Behavior or Habits Monitor

Commitment of the Day

To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?



reset Sunday

"If you think someone could use a friend, be one"

Morning Reflections



Morning Reflections



motivation Monday

"Change is painful, but nothing is as painful as staying stuck"

Fitness Today

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Recovery Assignments

Fitness Today

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Recovery Assignments

Commitment of the Day

To Do List /Goals

Mental Health Log

Thought Record

Mood Tracker

Behavior or Habits Monitor

Thought Record

Mood Tracker

Behavior or Habits Monitor

To Do List /Goals

Character Traits

What can I improve?

Self-Care & Wellness Actions

Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Self-Care & Wellness Actions

Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

thoughtful Tuesday


*"It's never too late
for a new
beginning in life"*

Morning Reflections

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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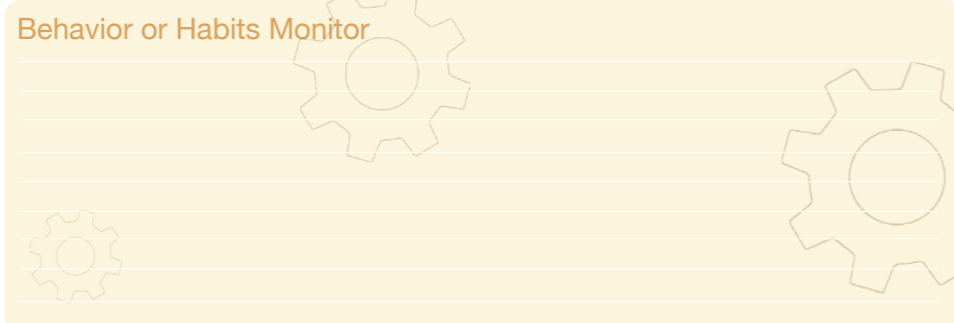
Recovery Assignments

Mood Tracker

Thought Record



Behavior or Habits Monitor



Morning Notes

Fitness Today

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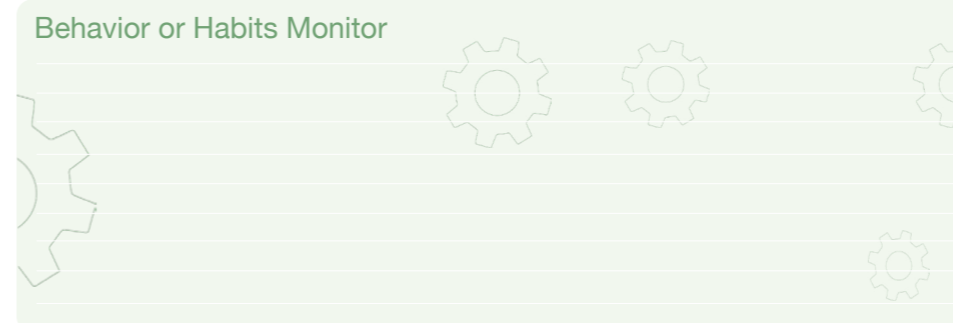
Recovery Assignments

Mood Tracker

Thought Record



Behavior or Habits Monitor




worthwhile Wednesday

*"Be the change that you
wish to see in the world"*
—Mahatma Gandhi

To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

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Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

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therapeutic Thursday

*"A positive mind
will give you
a positive life"*

Morning Reflections



To Do List /Goals

Fitness Today

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Recovery Assignments

Character Traits

Thought Record

Mood Tracker



What can I improve?

Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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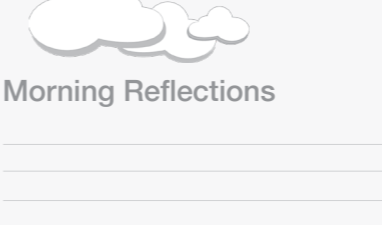
Affirmation of the Day

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Evening Check Out/Summary



Morning Reflections



Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker



Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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Affirmation of the Day

“ _____ ”

Evening Check Out/Summary



focus Friday

*"Everything is hard
before it is easy"*
— Goethe

To Do List /Goals

Character Traits

What can I improve?

supportive Saturday

"We never stop learning because life never stops teaching"

Morning Reflections



To Do List /Goals

Character Traits

What can I improve?

Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

Morning Reflections



reset Sunday

"The secret of your future is hidden in your daily routine"

To Do List /Goals

Character Traits

What can I improve?

Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

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Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day


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motivation Monday

“Your Monday morning thoughts set the tone for your whole week”


Morning Reflections



To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

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Thought Record




Mood Tracker



Behavior or Habits Monitor



Morning Reflections



thoughtful Tuesday

“Say something positive, and you’ll see something positive”

Fitness Today

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Recovery Assignments

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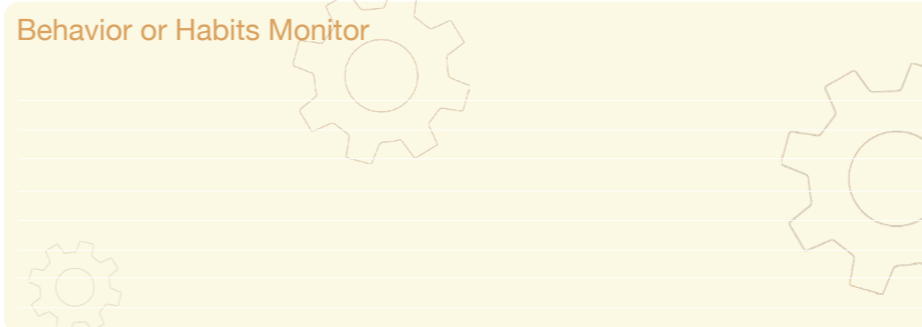
Thought Record



Mood Tracker




Behavior or Habits Monitor



To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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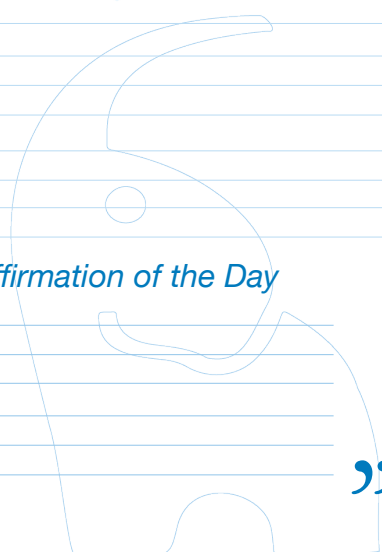
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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



Self-Care & Wellness Actions

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Significant Events or Triggers


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Evening Check Out/Summary



Affirmation of the Day


“ _____ ”




worthwhile Wednesday

*“Start where you are!
Use what you have!
Do what you can!”*

Morning Reflections



Morning Notes




therapeutic Thursday

*“Discipline is the bridge
between goals
and accomplishment”*

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

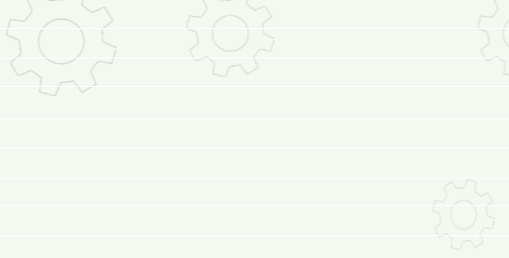
Thought Record



Mood Tracker



Behavior or Habits Monitor



Fitness Today

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Recovery Assignments

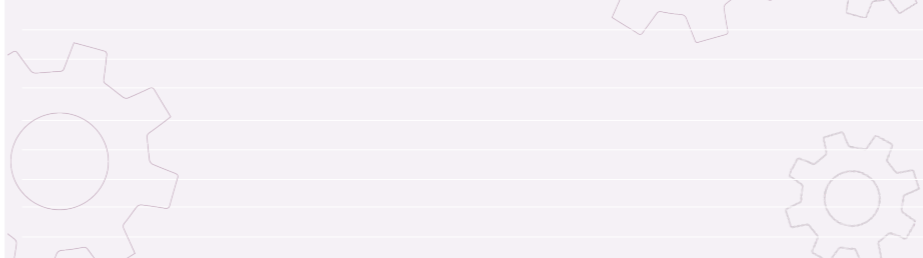
Thought Record



Mood Tracker




Behavior or Habits Monitor



To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



focus
Friday

*"You do not find
a happy life
You make it"*

Morning Reflections

Morning Notes

supportive
Saturday

*"Whoever is happy will make
others happy too"*
— Anne Frank

To Do List /Goals

Fitness Today

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Recovery Assignments

Fitness Today

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Recovery Assignments

To Do List /Goals

Character Traits

Thought Record

Mood Tracker

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Thought Record

Mood Tracker


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Character Traits

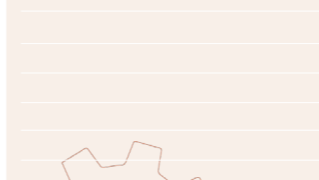
What can I improve?




Behavior or Habits Monitor



Behavior or Habits Monitor



What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Affirmation of the Day

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Evening Check Out/Summary

Self-Care & Wellness Actions

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Significant Events or Triggers

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Affirmation of the Day

“ _____ ”

Evening Check Out/Summary



reset Sunday

"No act of kindness, no matter how small, is ever wasted"

Morning Notes

Morning Reflections

motivation Monday

"Each day provides its own gifts"

To Do List /Goals

Character Traits

What can I improve?

Fitness Today

Thought Record ○○○○○○

Recovery Assignments

Mood Tracker

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Behavior or Habits Monitor

Fitness Today

Thought Record ○○○○○○

Recovery Assignments

Mood Tracker

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Behavior or Habits Monitor

To Do List /Goals

Character Traits

What can I improve?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

thoughtful Tuesday

*“Train your mind
to see the good
in every situation”*

Morning Reflections

To Do List /Goals

Character Traits

What can I improve?

Fitness Today

Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

Morning Notes

Fitness Today

Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

worthwhile Wednesday

*“The best time to plant a tree
was 20 years ago.
The second best time is now”*
—Proverb

To Do List /Goals

Character Traits

What can I improve?

Self-Care & Wellness Actions

Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

Self-Care & Wellness Actions

Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

therapeutic Thursday


“The best way to appreciate your job is to imagine yourself without one”
— Oscar Wilde

To Do List /Goals

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Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

Thought Record

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Mood Tracker

Behavior or Habits Monitor



Self-Care & Wellness Actions

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Affirmation of the Day

“ _____ ”

Significant Events or Triggers

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Evening Check Out/Summary

Morning Reflections

Morning Reflections

Fitness Today

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Recovery Assignments

Thought Record

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Mood Tracker

Behavior or Habits Monitor



Self-Care & Wellness Actions

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Affirmation of the Day

“ _____ ”

Significant Events or Triggers

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Evening Check Out/Summary

focus Friday


“To keep recovery, you have to give it away”

To Do List /Goals

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Character Traits

What can I improve?



Fitness Today

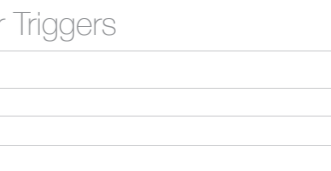
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Thought Record

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Mood Tracker

Behavior or Habits Monitor



supportive Saturday


"You'll never get bored when you try something new"
— Dr. Seuss

To Do List /Goals

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Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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Affirmation of the Day

“ _____ ”

Significant Events or Triggers

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Evening Check Out/Summary

Morning Reflections

Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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Affirmation of the Day

“ _____ ”

Significant Events or Triggers


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Evening Check Out/Summary


motivation Monday

"You cannot plow a field by turning it over in your mind"

Morning Reflections



Morning Reflections




thoughtful Tuesday

"Knowing is not enough, we must apply. Willing is not enough, we must do"
—Bruce Lee

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

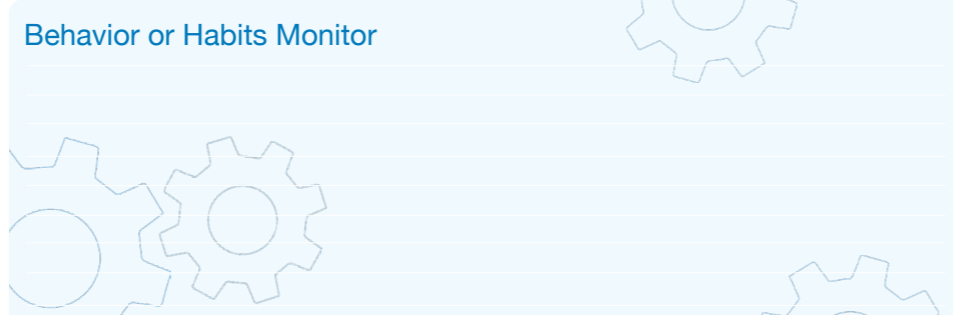
Thought Record

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Mood Tracker

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Behavior or Habits Monitor



Fitness Today

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Recovery Assignments


Thought Record

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Mood Tracker

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Behavior or Habits Monitor



To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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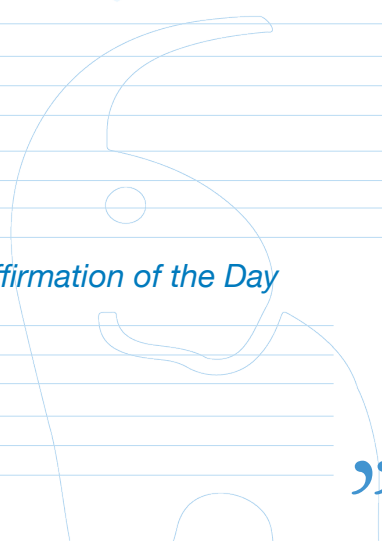


Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day


“ _____ ”



worthwhile Wednesday

*"When you smile,
your brain thinks
you are happy"*


Morning Reflections



To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

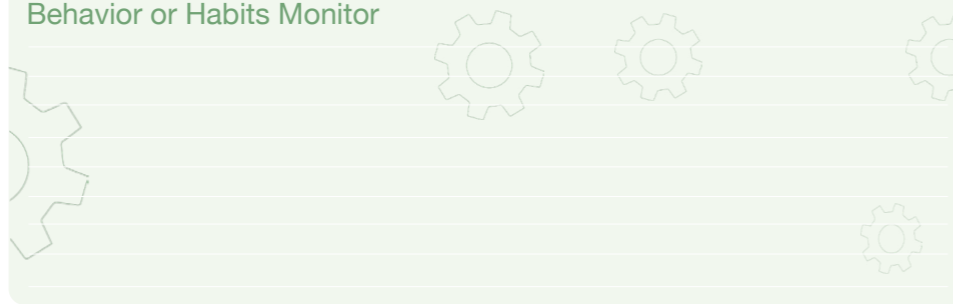
Thought Record



Mood Tracker



Behavior or Habits Monitor



Self-Care & Wellness Actions

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Affirmation of the Day

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Significant Events or Triggers

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Evening Check Out/Summary



Morning Notes



Fitness Today

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Recovery Assignments



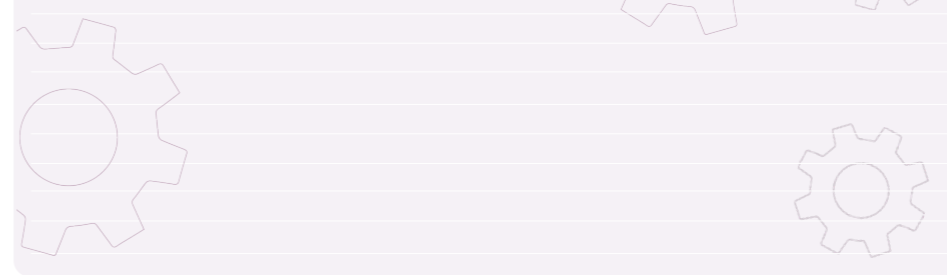
Thought Record



Mood Tracker



Behavior or Habits Monitor



Self-Care & Wellness Actions

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Affirmation of the Day

“ _____ ”



Significant Events or Triggers

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Evening Check Out/Summary



therapeutic Thursday

*"Each day may not
be good, but there's good
in each day"*

To Do List /Goals

Character Traits

What can I improve?




focus
Friday

"If you find a path with no obstacles, it probably doesn't lead anywhere"

Morning Reflections



Morning Notes




supportive
Saturday

"Small steps forward are still steps forward"

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

Thought Record


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Mood Tracker

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Behavior or Habits Monitor



Fitness Today

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Recovery Assignments

Thought Record

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Mood Tracker

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Behavior or Habits Monitor



To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”



Significant Events or Triggers

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Evening Check Out/Summary

Self-Care & Wellness Actions

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Affirmation of the Day

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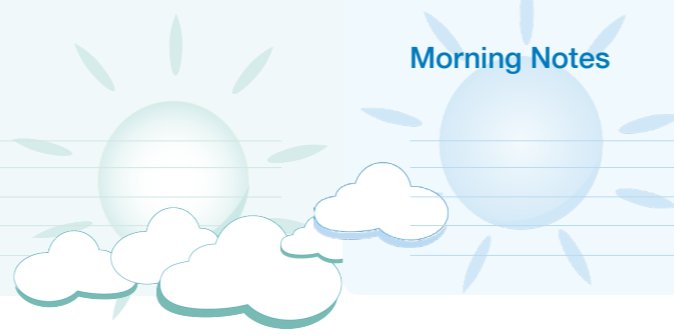


reset Sunday

"A year from now you will be happy you started today"

Morning Notes

Handwriting lines for morning notes on Sunday.



Morning Notes

Handwriting lines for morning notes on Monday.



motivation Monday

"You only get out of it what you put into it"

To Do List /Goals

Handwriting lines for a to-do list on Sunday.

Character Traits

Handwriting lines for character traits on Sunday.

What can I improve?

Handwriting lines with a gauge icon for self-reflection on Sunday.

Fitness Today

Handwriting lines for fitness notes on Sunday.

Recovery Assignments

Handwriting lines for recovery assignments on Sunday.

Thought Record section with a cloud icon and a series of small circles for notes on Sunday.

Mood Tracker

Mood Tracker section with a grid and five smiley face icons at the bottom for Sunday.

Behavior or Habits Monitor section with gear icons and handwriting lines for Sunday.

Fitness Today

Handwriting lines for fitness notes on Monday.

Counseling Appointment

Handwriting lines for counseling appointment notes on Monday.

Thought Record section with a cloud icon and a series of small circles for notes on Monday.

Mood Tracker

Mood Tracker section with a grid and five smiley face icons at the bottom for Monday.

Behavior or Habits Monitor

Behavior or Habits Monitor section with gear icons and handwriting lines for Monday.

Commitment of the Day

Handwriting lines for a daily commitment on Monday.

Groups Attended

Handwriting lines for groups attended on Monday.

Mental Health Log

Handwriting lines for a mental health log on Monday.

Self-Care & Wellness Actions

Handwriting lines with heart icons for self-care actions on Sunday.

Affirmation of the Day

Handwriting lines for an affirmation of the day on Sunday, featuring a rabbit illustration.

Significant Events or Triggers

Handwriting lines with star icons for significant events on Sunday.

Evening Check Out/Summary

Handwriting lines for an evening check-out on Sunday.

Self-Care & Wellness Actions

Handwriting lines with heart icons for self-care actions on Monday.

What Did I Learn?

Handwriting lines for learning reflections on Monday, featuring a rabbit illustration.

Significant Events or Triggers

Handwriting lines with star icons for significant events on Monday.

Evening Check Out/Summary

Handwriting lines for an evening check-out on Monday.

thoughtful Tuesday

*"What you do today
can improve all
of your tomorrows"*

Morning Notes

Fitness Today

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Counseling Appointment

Commitment of the Day

Groups Attended

Thought Record

Mood Tracker

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Behavior or Habits Monitor

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Morning Notes

Fitness Today

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Recovery Assignments

worthwhile Wednesday

*"Recovery begins
with the
First Step"*

Commitment of the Day

Groups Attended

Thought Record

Mood Tracker

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Behavior or Habits Monitor

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

therapeutic
Thursday

"You can't go back and change the past, but you can make a whole new future for yourself"

Morning Notes



Commitment of the Day

Groups Attended

Mental Health Log

Fitness Today

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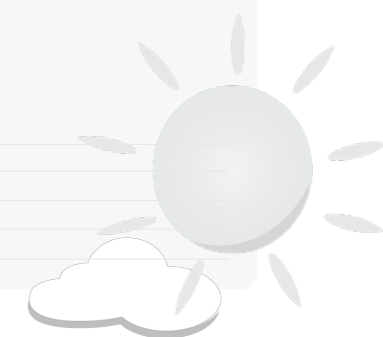
Counseling Appointment

Thought Record

Mood Tracker

Behavior or Habits Monitor

Morning Notes



Fitness Today

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Counseling Appointment

Thought Record

Mood Tracker

Behavior or Habits Monitor

focus
Friday

"Sobriety is a journey, not a destination"

Commitment of the Day

Groups Attended

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

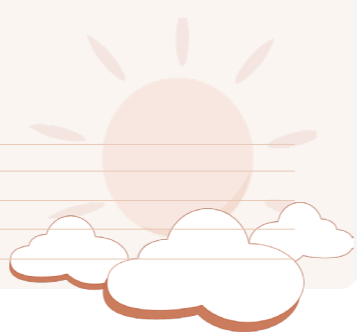
What Did I Learn?

supportive Saturday

*"Change your thoughts,
change your life"*

- Lao Tzu

Morning Notes



Commitment of the Day

Groups Attended

Mental Health Log

Fitness Today

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Activities Joined

Thought Record

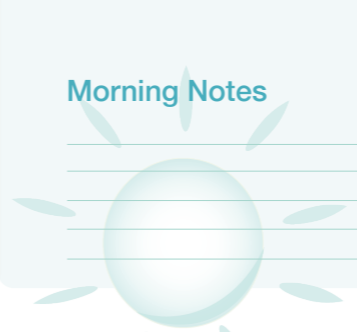
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Mood Tracker

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Behavior or Habits Monitor

Morning Notes



reset Sunday

*"Don't leave
before the
miracle happens"*

Commitment of the Day

To Do List /Goals

Mental Health Log

Fitness Today

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Activities Joined

Thought Record

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Mood Tracker

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Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?




motivation Monday

"Recovery is about progression, not perfection"

— Anonymous

Morning Notes



Fitness Today

Recovery Assignments

Commitment of the Day

To Do List /Goals

Mental Health Log

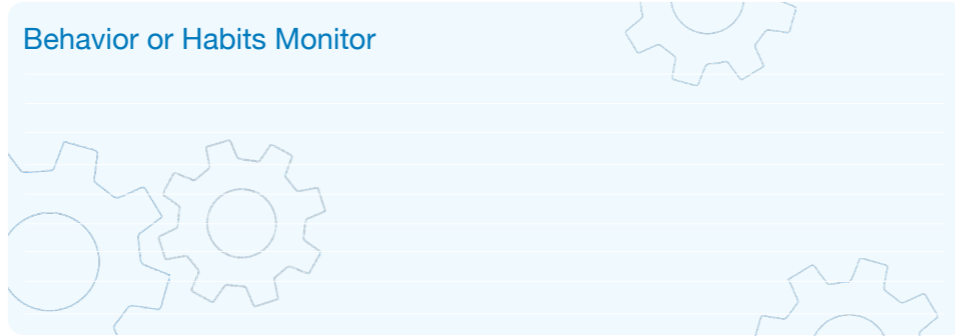
Thought Record



Mood Tracker

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Behavior or Habits Monitor



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Morning Notes



Fitness Today

Recovery Assignments

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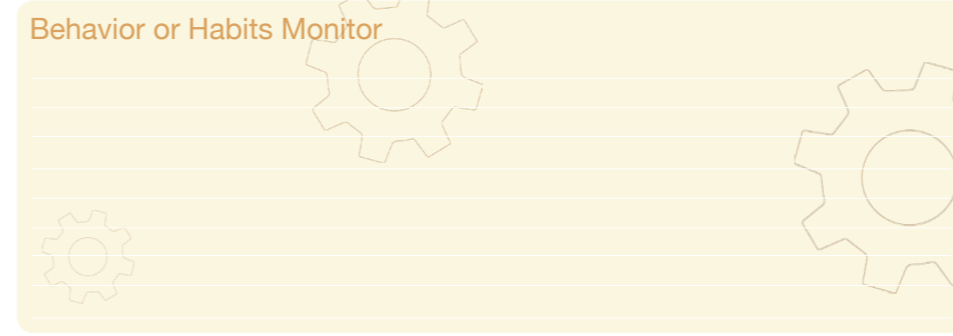
Thought Record



Mood Tracker

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Behavior or Habits Monitor



thoughtful Tuesday

"Be yourself; everyone else is already taken"

— Oscar Wilde

Commitment of the Day

To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?



worthwhile
Wednesday

"I am not what happened to me. I am what I choose to become"
— Carl Jung

Morning Notes

Fitness Today

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Recovery Assignments

Commitment of the Day

To Do List /Goals

Thought Record

Mood Tracker

Behavior or Habits Monitor

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

What Did I Learn?

Morning Notes

Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

therapeutic
Thursday

"Whatever I put before my recovery, I will lose"

Commitment of the Day

To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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Significant Events or Triggers

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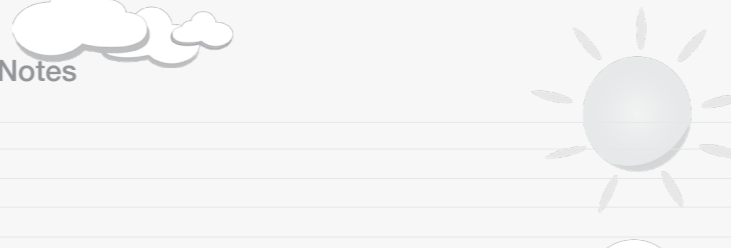
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Evening Check Out/Summary

What Did I Learn?

focus
Friday
"Principles before personalities"

Morning Notes



Fitness Today



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Recovery Assignments


Thought Record

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Mood Tracker

Behavior or Habits Monitor



Commitment of the Day

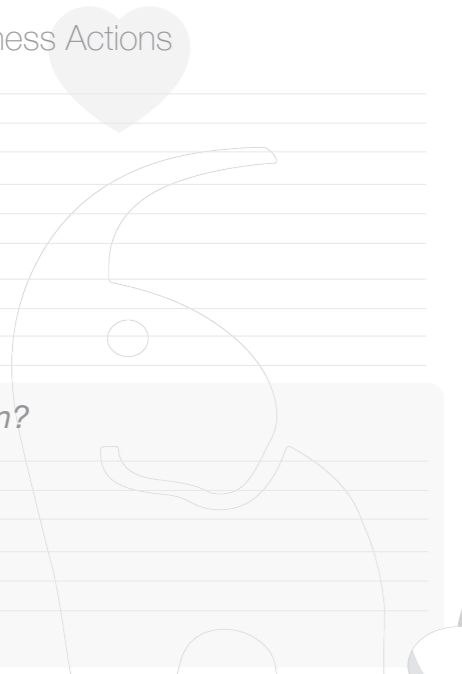
To Do List /Goals

Mental Health Log

Self-Care & Wellness Actions

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- ♥
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- ♥

What Did I Learn?

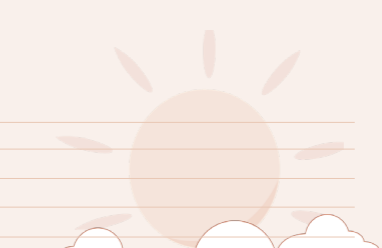


Significant Events or Triggers

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Evening Check Out/Summary

Morning Notes



Fitness Today

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Recovery Assignments

Thought Record

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Mood Tracker



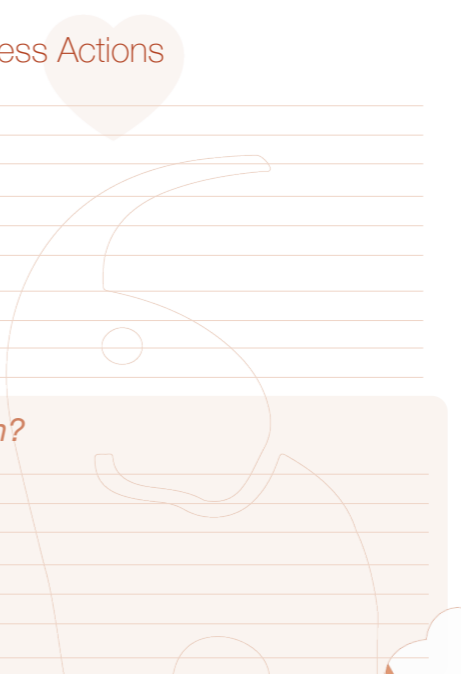

Behavior or Habits Monitor



Self-Care & Wellness Actions

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- ♥

What Did I Learn?



Significant Events or Triggers

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Evening Check Out/Summary

supportive
Saturday
"That which does not kill us makes us stronger"
— Friedrich Nietzsche

Commitment of the Day

To Do List /Goals

Mental Health Log

reset Sunday

"It works if you work it"

Morning Notes

Morning Reflections


motivation Monday

"First things first"

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

Thought Record

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Mood Tracker

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Behavior or Habits Monitor



Fitness Today

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Recovery Assignments

Thought Record

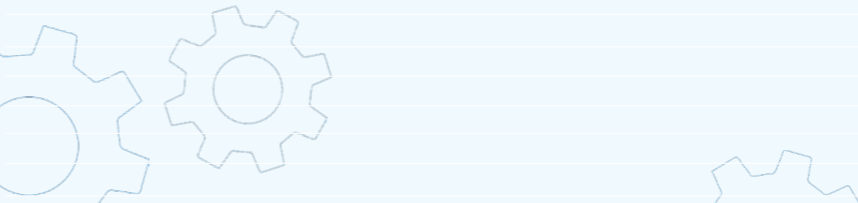
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Mood Tracker

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Behavior or Habits Monitor



To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



thoughtful Tuesday


“Share your happiness”

Morning Reflections

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

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Behavior or Habits Monitor

Morning Notes

Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

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Behavior or Habits Monitor

worthwhile Wednesday

“I’m not telling you it is going to be easy, I’m telling you it’s going to be worth it”

To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

therapeutic Thursday

"Be part of the solution, not the problem"

Morning Reflections



To Do List /Goals

Fitness Today

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Recovery Assignments

Character Traits

Thought Record

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Mood Tracker



What can I improve?

Behavior or Habits Monitor

Self-Care & Wellness Actions

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Significant Events or Triggers

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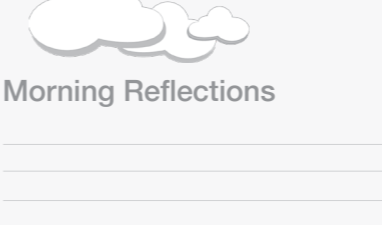
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Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

Morning Reflections



Fitness Today

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Recovery Assignments

Thought Record

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Mood Tracker



Behavior or Habits Monitor

focus Friday

"A goal is not always meant to be reached, it serves as something to aim at"

— Bruce Lee

To Do List /Goals

Character Traits

What can I improve?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary

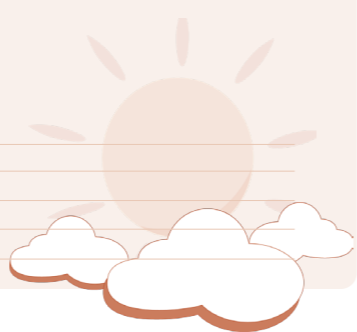
Affirmation of the Day

“ _____ ”

supportive Saturday

*"To thine own
self be true"*

Morning Reflections



To Do List /Goals

Character Traits

What can I improve?

Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

Morning Reflections



reset Sunday

*"Learn to
listen and
listen to learn"*

Fitness Today

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Recovery Assignments

Thought Record

Mood Tracker

Behavior or Habits Monitor

To Do List /Goals

Character Traits

What can I improve?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Affirmation of the Day

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Evening Check Out/Summary

Self-Care & Wellness Actions

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Significant Events or Triggers

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Affirmation of the Day

“ _____ ”


Evening Check Out/Summary




motivation Monday

“Stick with the winners”

Morning Reflections



Morning Reflections



thoughtful Tuesday

“You cannot find peace by avoiding life”

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

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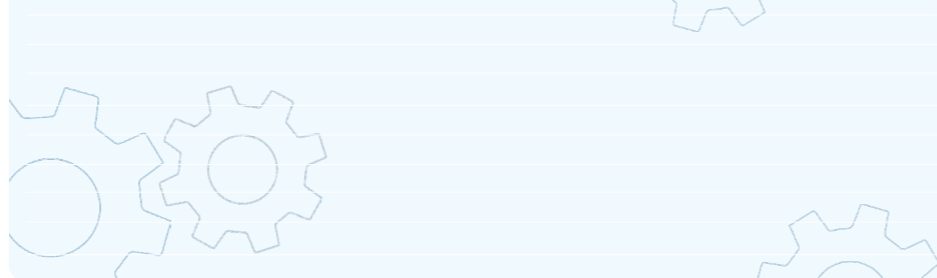
Thought Record



Mood Tracker

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Behavior or Habits Monitor



Fitness Today

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Recovery Assignments

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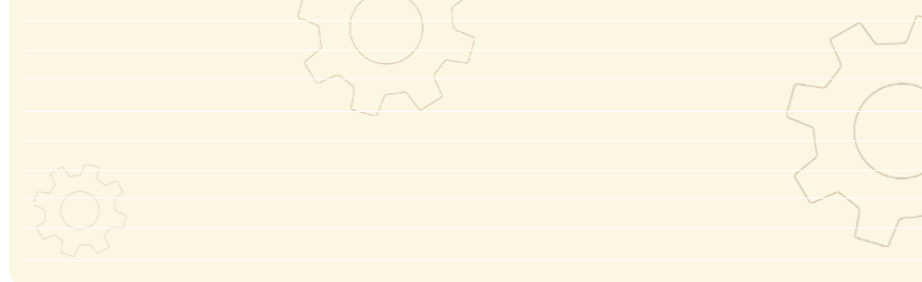
Thought Record



Mood Tracker

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Behavior or Habits Monitor



To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day


“ _____ ”




worthwhile Wednesday

*"Don't count the days,
make the days count"*
— Muhammad Ali

Morning Reflections



Morning Notes




therapeutic Thursday

*"Hardships often prepare
ordinary people for
an extraordinary destiny"*
— C.S. Lewis

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments


Thought Record



Mood Tracker



Behavior or Habits Monitor



Fitness Today

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Recovery Assignments

Thought Record



Mood Tracker




Behavior or Habits Monitor



To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”



focus
Friday

"I'm not telling you it is going to be easy. I'm telling you it's going to be worth it!"

— Anonymous

Morning Reflections

Morning Notes

supportive
Saturday

"It's a simple program for complicated people"

To Do List /Goals

Fitness Today

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Recovery Assignments

Fitness Today

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Recovery Assignments

To Do List /Goals

Character Traits

Thought Record

Mood Tracker

Thought Record

Mood Tracker

Character Traits

What can I improve?

Behavior or Habits Monitor

Behavior or Habits Monitor

What can I improve?

Self-Care & Wellness Actions

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Significant Events or Triggers

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Self-Care & Wellness Actions

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Significant Events or Triggers

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Affirmation of the Day

“ _____ ”

Evening Check Out/Summary

Affirmation of the Day

“ _____ ”

Evening Check Out/Summary

reset Sunday

“Keep it simple”

Morning Notes

Morning Reflections


motivation Monday

“Life on life’s terms”

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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Recovery Assignments

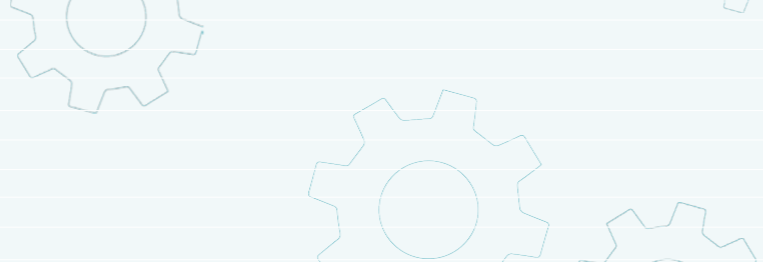
Thought Record



Mood Tracker

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Behavior or Habits Monitor



Fitness Today

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Recovery Assignments


Thought Record



Mood Tracker

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Behavior or Habits Monitor



To Do List /Goals

Character Traits

What can I improve?



Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”

Self-Care & Wellness Actions

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Significant Events or Triggers

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Evening Check Out/Summary



Affirmation of the Day

“ _____ ”

thoughtful Tuesday


“90 meetings
in 90 days”

Morning Reflections

To Do List /Goals

Character Traits

What can I improve?



Fitness Today

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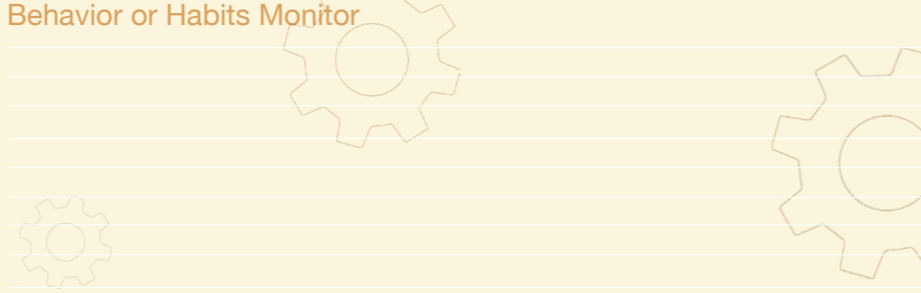
Recovery Assignments

Thought Record

Mood Tracker

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Behavior or Habits Monitor



Self-Care & Wellness Actions

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Affirmation of the Day

“ _____ ”

Significant Events or Triggers

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Evening Check Out/Summary

Morning Notes

Fitness Today

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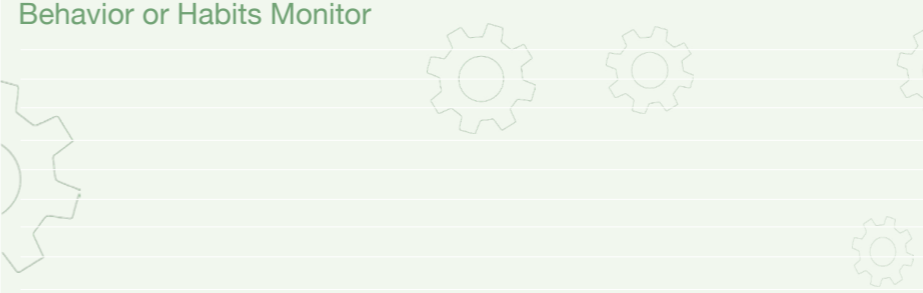
Recovery Assignments

Thought Record

Mood Tracker

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Behavior or Habits Monitor



Self-Care & Wellness Actions

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Affirmation of the Day

“ _____ ”

Significant Events or Triggers

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Evening Check Out/Summary


worthwhile Wednesday

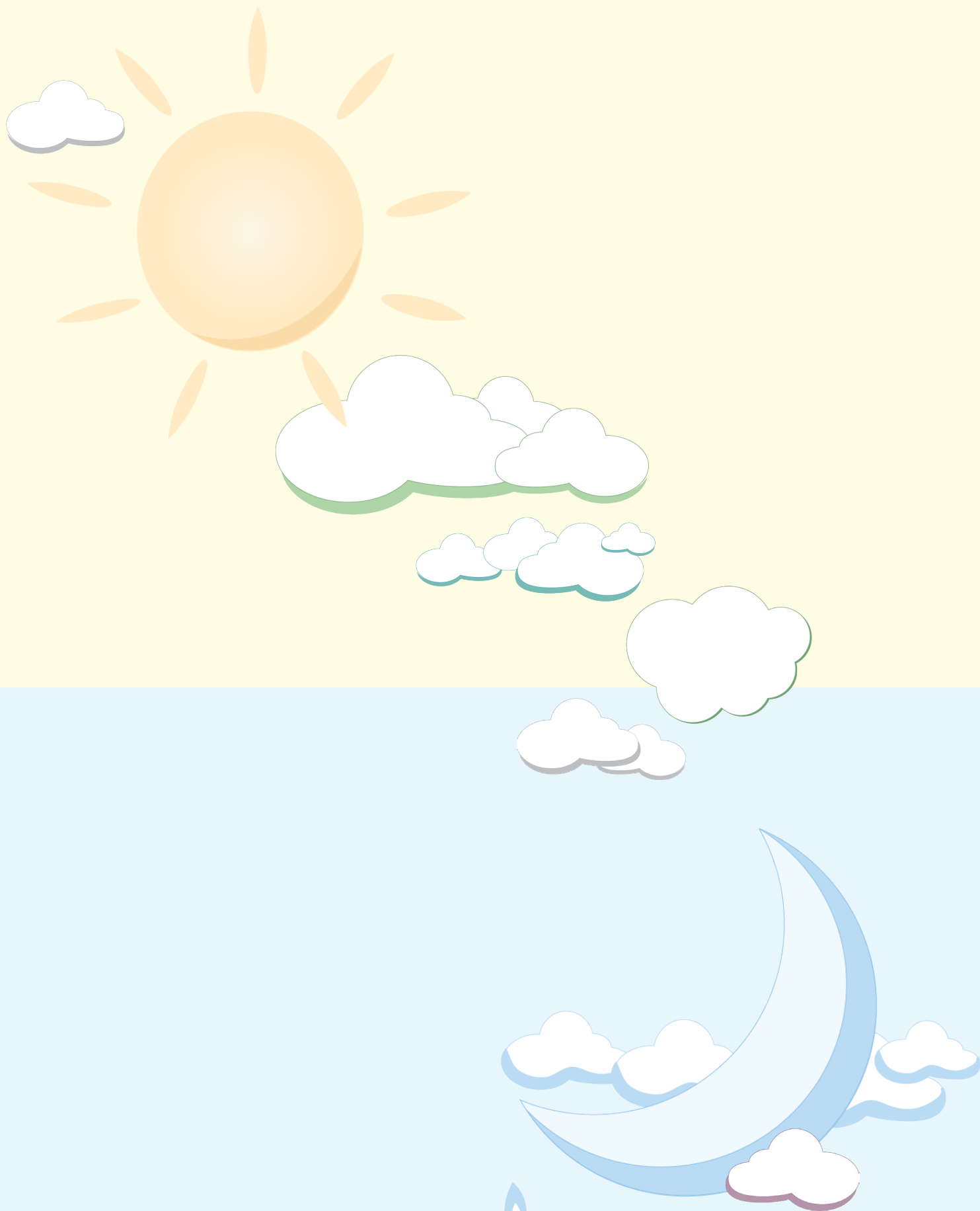
“Never be ashamed
of your story as
it will inspire others”

To Do List /Goals

Character Traits

What can I improve?






HOPE

REHAB *Thailand*