



Each day, mark the practices you managed to take up. This is not a test or an assessment, but a gentle mirror of your rhythm, showing how you care for the five pillars of recovery.

[illegible]

In the evening, while keeping your Recovery Journal, pause for a moment and notice which areas you managed to care for today. You don't have to tick every box. An empty space is not a failure, it is information. Pause and ask: what did my body and mind need today? Was there room for the spirit?