

Crafting a Redemptive Narrative

Seeking Positive Meaning in Past Events

Consider a negative or traumatic experience you have faced. Use as much space as you need to fully answer the questions below. Use a journal if you need and repeat the exercise for different events or experiences.

- How have you grown as a result of the experience?
- Did any of your relationships strengthen? How?
- What things in life do you now appreciate more?
- What do you now know that you didn't before?
- What have you grown to value in life now that you didn't before?
- What strengths do you now have that you didn't before?
- What opportunities are now available that were not before?
- What advice would you give to someone who is facing the same situation?

An additional exercise that can help promote growth: Write a fairytale about what happened. Write it in 3rd person and describe the character that played you as the hero or heroine.

Inviting More Joy into Your Life

Seeking a Greater Sense of Meaning in the Present

Take some time to remember the things that you truly enjoy. Fill in the list below with 10-20 things that bring natural joy and excitement into your life. List at least a few things that: you can do alone, do with a group, do spontaneously, must plan, cost little to nothing, must be budgeted for.

To get the most from this exercise:

1. Make a commitment to do at least 3 of these activities in the next two weeks. Plug them into your calendar so you don't forget or back out.

2. Share your list with a friend or sponsor so they can hold you accountable for bringing more natural joy into your life.
3. Post the list someplace you will see it so when you are in a rut you can easily remember something that will get you out of it.

My Person Joys List:

20 Things I Love to Do

	\$	P/S	REC	O/A	🕒
1. _____					
2. _____					
3. _____					
4. _____					
5. _____					
6. _____					
7. _____					
8. _____					
9. _____					
10. _____					
11. _____					
12. _____					
13. _____					
14. _____					
15. _____					
16. _____					
17. _____					
18. _____					
19. _____					
20. _____					



Not done in last 6 months

REC Something started in recovery

\$ Costs a little bit to do

P/S It is better when **Planned** or **Spontaneous**

O/A Prefer to do with **Others** or **Alone**

Identifying and Affirming Your Strengths

The foundation for a life of meaning and purpose

Identify the innate strengths that you most embody. You cannot build a better future by focusing on your mistakes, weaknesses, and defects; you can leverage your innate strengths to experience a better journey in recovery.

**Creativity – Curiosity – Judgment – Love of Learning – Perspective – Bravery
Honesty – Perseverance – Zest – Kindness – Love – Social Intelligence
Fairness – Leadership – Teamwork – Forgiveness – Humility – Hope - Humor
Prudence – Self-regulation – Appreciation of Beauty – Gratitude - Spirituality**

1. You can take a free assessment at www.viacharacter.org that will provide you with analysis of your strengths.
2. Affirming these strengths will empower you to leverage them for your future success and wellbeing. For each of your top 5 strengths, complete the following:

I am [strength]_____.

A time I demonstrated my [strength] was when _____.

Clarifying Your Life's Purpose

Cultivating a sense of meaning for your life and recovery

1. A few of your top character strengths are _____ and _____.
2. List one or two ways you like expressing those strengths when interacting with or serving other people: _____, _____. (ex. teaching, inspiring, entertaining, etc.)

3. Assume the world is perfect. What does it look and feel like? What are people doing? How are they behaving?

In an ideal world, _____

_____.

4. Now, combine elements of 1, 2, and 3, to craft a statement about your life’s purpose.

My purpose is to _____
_____.

Note: This doesn’t have to be your “forever” purpose statement; you purpose may last a season or your lifetime. This exercise is designed to help you craft the best statement to serve you now.

My recent purpose statement:

My purpose is to use my creativity and love of learning to inspire and empower others in recovery to live their best life and reach their potential for happiness, fulfillment, and joy.

A few examples of what others have written:

To use my humor and creativity to inspire, uplift, and empower people in recovery to stay sober.
(A recovery coach and author)

To raise healthy, prosperous children who make a difference in the world. (A devoted mother)

To use my vast knowledge of integrative medicine to educate, inspire, and empower people to live longer, happier lives. (A holistic medical doctor)

To live my life with integrity and compassion while serving others, and to always be prepared for the unexpected. (A fireman)