



Today



Daily Recovery Checklist

0 of 12 tasks completed



Connection & Support

0/2



Reach out to your support network (call, text, or attend a meeting)



Review and update emergency contacts in your phone



Mental Wellness

0/3



Practice 5-10 minutes of mindful breathing or meditation



Journal about your feelings, thoughts, and progress



Identify and document your top 3 triggers



Physical Health

0/3

☐ Drink at least 8 cups of water throughout the day

☐ Eat balanced meals with protein, carbohydrates, and healthy fats

☐ Engage in 20-30 minutes of physical activity (walk, stretch, or yoga)



Personal Growth

0/4

☐ Practice gratitude by listing 3 things you're thankful for

☐ Schedule one meaningful self-care activity

☐ Set a small, achievable goal for tomorrow

☐ Reflect on a personal strength and how you'll use it today



Daily Reflections

Take a moment to reflect on your day. What went well? What challenges did you face? What are you grateful for?

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