



The REWIRED 7-Day Reset

A Science-Based Journey from
Survival to Thriving

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DAY 7

DISCOVER

Your Purpose & Path Forward

Discovering the vision that will pull you forward and the life worth staying sober for.

Beyond Not Drinking

"Sobriety is the ticket to the dance, not the dance itself."

The dance is:



The relationships you nurture



The purpose you discover



The joy you cultivate

What Are You Staying Sober For?

What is the vision that will pull you forward on hard days?



Being a present parent



Starting a business



Traveling the world



Peace in your own skin

You need a vision more compelling than temporary relief.

The REWIRED Framework

Your map, your toolkit, your path forward

Recognize

- Understand your patterns and nervous system

Establish

- Build safety and stability first

Work

- Take action on what matters

Integrate

- Create sustainable routines

Release

- Let go of shame and toxic stories

Embrace

- Step into your new identity

Discover

- Find your purpose and vision

Your Future Self

Connect with your future self—the version of you thriving in recovery,
living with purpose and meaning.

That person is not a fantasy.

They are a possibility.

They are **who you are becoming**, one day at a time.



Don't just think about it. Feel it.

Your Work Today

1

Visualize Your Future Self

Who are you becoming? Connect with the version of you thriving in recovery.

2

Write Your Vision

What are you staying sober for? What vision will pull you forward on hard days?

3

Identify Your First Next Step

The journey continues—what is one action you can take today?

This is just the beginning.

The journey continues. Keep going.