

Day 6: ENGAGE

Finding Purpose and Meaning

Today's Focus

Recovery is not just about stopping something - it is about starting something new. Today, we engage with purpose.

Exercise 1: Your Values

What matters most to you? (e.g., family, creativity, service, growth)

Exercise 2: Your Gifts

What are you naturally good at? What do people come to you for?

Exercise 3: Your Contribution

How can you use your gifts to serve others or contribute to something bigger than yourself?

Today's Action Step

Take one small step toward engaging with your purpose. Volunteer, create something, or help someone.
