

# Day 4: INTEGRATE

Building a Sustainable Recovery Routine

## Today's Focus

Recovery is not an event - it is a daily practice. Today, we integrate healthy habits into your life.

## Exercise 1: Your Morning Routine

*What 3 things can you do each morning to start your day grounded and centered?*

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## Exercise 2: Your Evening Routine

*What 3 things can you do each evening to wind down and reflect?*

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## Exercise 3: Your Non-Negotiables

*What are 3-5 daily practices that support your recovery? (e.g., meditation, meetings, journaling, exercise)*

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## Today's Action Step

Commit to one new habit today. Start small. Consistency beats intensity.

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