

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?

Exercise 2: Your Evening Routine

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

Exercise 3: Your Non-Negotiables

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

Today's Action Step

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