

Strengthen Your Pillars – The Foundation of Strategic Recovery™

Episode 3 Companion Worksheet

Strategic Recovery with Matt Finch

getstrategicrecovery.com

♦ Step 1: Rate Your 5 Pillars

On a scale of 1 (very weak) to 10 (very strong), rate how supported and developed each of the 5 Strategic Recovery Pillars currently feels in your life:

Pillar	Your Score (1–10)	Notes (What's working? What's missing?)
1. Biochemical Repair		
2. Emotional Integration		
3. Social/Relational Health		
4. Environmental Alignment		
5. Spiritual Connection		

♦ Step 2: Identify Your Weakest Pillar

Circle or highlight the lowest-rated pillar above. This is where your foundation is most unstable — and where the most powerful shifts can occur.

Which Pillar is weakest?

→ _____

♦ Step 3: Strategic Rebuild Plan

Now that you've identified your weakest pillar, write down 3 strategic actions you could take this week to strengthen it.

Pillar to Strengthen: _____

Action #1:

Action #2:

Action #3:

♦ **Step 4: Visualize the Shift**

Take a moment to close your eyes and imagine how your life will change as this pillar grows stronger.

What will you feel?

What will fall away?

What new identity will emerge?

♦ **Step 5: Commit and Embody**

Write an affirmation or commitment statement to anchor your growth this week.

Examples:

“ I commit to nourishing my body so I can heal fully.”

“ I open my heart to new emotional tools.”

“ I deserve a peaceful environment that supports my recovery.”

My Commitment:

 BONUS: Rate Again in 30 Days

Add a reminder to revisit this worksheet in 30 days. Re-rate your pillars and track your growth. This is your personal map to transcendence.