

Tonight, the topic is
Setting Priorities in Recovery

Your initial thoughts?

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If you'd Like to Join the conversation on tonight's topic, call right now
PLAY THE JINGLE - get from drop box

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Setting Priorities in Recovery

Life is all new now that you're in recovery.
It's all about a second chance,
an opportunity to create a
new direction in your life that you may never before thought possible.

If you are new,
You may already be brimming with excitement and hope for the future –
but don't be disappointed if these feelings don't come right away.

After all, you're new
and you may still feel a bit uncertain for some period of time.

Looking ahead, you wonder how you'll be able to put together a workable
action plan for your recovery – you may want to set some priorities

When you were new, what were your priorities?

After some sober time, did those priorities change?

What steps help with setting and executing priorities/goals

What other tools help and how?

What specific goal are you working on now?

Here are some tips, I would like to get your experience:

- Set Aside Some Planning Time

How?

Where?

Experience?

- Investigate What It Will Take

We all want to be a Harvard grad, but is that realistic?

- Include Family Members in Your Decisions

- Basics First, Then Slowly Build

- Give Back When You Are Able