

Feeding Your Soul Plan.

Feeding Your Soul Plan

1. Write a list of: What brings you most fully alive? What brings you Joy?
 - a. Things you would do and hardly notice the time passing.
2. Write a list of: What brings you a sense of meaning and purpose?
 - a. Things that help you **Feel Your Purpose in Life**
 - b. What gifts do you bring to those around you and to the world?
 - c. What are you most curious about?
 - d. What does your soul long for?
 - e. What is your deepest desire?
3. Write a weekly schedule that includes time for those activities from 1 & 2

Relapse Prevention Plan

Complete Relapse Prevention workbook and present to group

Dojo Training Completion/Transition Plan

4. Complete your Recovery Inventory Document
5. Write a List of things you are leaving behind
6. Write a List of things you are moving towards
7. Chose a ritual action that has meaning for you and plan your completion ceremony

- a. Write out an agenda for the ceremony and celebration meal

Example:

- | | |
|---|----------|
| 1. Read Completion Inventory | 1. _____ |
| 2. Read letter to addiction and burn it | 2. _____ |
| 3. Express Gratitude | 3. _____ |
| 4. Celebrate with Food | 4. _____ |