

Suggested Daily Activities List

These are some daily activities that are encouraged and will be incorporated into various certificates of completion. The purpose is to help facilitate transformation into good habits that reward the individual with positive results, life balance and enhanced recovery.

Suggested:

- __1_ Drink Glass of filtered water first thing in the AM
- __2_ Listen to or read something uplifting, motivational or inspiring
- __3_ Listen to Positive Affirmations of your choice (right before bed and first thing in AM recommended)
- __4_ Meditate (minimum of 3 minutes)
- __5_ Exercise (minimum of 20 minutes) make sure to stretch after warmed up
- __6_ Accomplish at least one thing that puts you closer to accomplishing a long-term goal
- __7_ Read or listen to audio book
- __8_ Participate in program or service work
- __9_ Do or watch something that makes you laugh
- __10_ Pray
- __11_ Work hard every day! (your job, business or education)
- __12_ Relax.. EARNED down time (could include a nap, TV show, Sporting event, gaming, movie, listening to music, hang with friends, etc. - with discretion. Should not exceed more than 1-2 hours per day typically.
- __13_ Participate in hobbies; sports, disk golf, writing, biking, fishing, hiking, etc.
- __14_ Chores... both personal and house. Do more than the minimum.
- __15_ Take supplements; Fruit/Veggie shakes (lots of greens), Probiotics, Vitamins, Minerals, Proteins, pre and post workout supplements (if you can afford it)
- __16_ Sign up for and attend self-help or self-improvement seminars. Many of these can be logged into remotely.

Mandatory:

- __1_ Maintain Sobriety**
- __2_ Meetings (3-4 per week, depending)**

3 Attend Home Group Weekly

4 Service Commitment Weekly

5 Have a Sponsor

6 Work Steps and/or Seek Sponsees like your life depends on it

7 Maintain a Positive Mental Attitude

8 Support each Member of the House to the best of your ability. (You have vested interest in eachother's success)

9 Do not Lie, Cheat or Steal - if you slip, promptly admit it and make it right.

10 Get along with others, be flexible and in control of your emotions - self mastery

11 Desire Progress, Growth and Change for the better. Aspire to achieve your true potential.