

Daily Focus Worksheet



There is a battle going on within me. I realize the outcome of this battle not only holds my life in its hands, but the life of those I love and care for. I now choose to participate in the battle for Godly character and integrity not only for my soul but also for my family, friends, brothers and sisters in Christ, and above all else, my God. I am beginning to understand I cannot win the battle myself. I am coming to see the Biblical truth of, “we are members one of another.” My way is madness, therefore I surrender to God’s wisdom and submit myself to the process of Celebrate Recovery.

Things I Can Do:

- Attend a small group at least weekly. (Many have found great strength in attending multiple groups, especially early in recovery.)
- Write out my Life-plan (Vision, hopes, dreams, purpose for my life) and share it with my small group.
- Pay close attention to who I hang with, where I go, what I look at; what I listen to; what I set my mind on.
- Take responsibility for my thoughts and actions.
- Verbally describe my feelings.
- Make contact with a group member(s) on a daily basis.

I Can Accept:

- Healing is a miraculous process over time.
- Healing requires feeling the pain and learning from it.
- *I am a day or an hour away from the same old habit.*
- A lapse does not stop the healing process but will have consequences.
- I have become skilled at lying to others and myself.
- I do not live in isolation; my choices affect others.
- My secrecy keeps me in bondage to sin.

I Will Commit To:

- A willingness to change – and following through.
- Total confidentiality! I discuss only my experiences outside the group.
- Rigorous honesty with God, my small group and myself.
- Becoming a Student of Recovery (Building my knowledge base of books, articles, & videos)
- Reading scripture and praying.
- Working through the 12 steps until completion.

Every Morning

1. As soon as my eyes open, get down on my knees and pray.
 - a. Thank God for giving me another day.
 - b. Ask God to help me stay drug free/sober today.
 - c. Ask God to show me what he wants to accomplish through me.
2. Pledge again that I will not use today.
3. Remind myself that:
 - a. I am not "in control." My life has become unmanageable.
 - b. My God has the power and the desire to save me.
 - c. Try to turn my life and will over to him.
4. Read the Bible.
5. Review my progress in working the steps and continue in that effort.

During the Day

1. Avoid the people, places, and things that may lead me to use. (Change my playmates and change my playground)
2. Remember my commitment to recovery.
3. Carry on an ongoing conversation with God, praying often.
4. "Change the channel" if I begin to think about using.
5. Call someone if I feel that thought turn into a temptation.
6. Attend meetings whenever possible.

Every Evening

1. Review my progress in working the steps and continue in that effort.
2. Read the Bible.
3. Get down on my knees and pray.
 - a. Thank God for his help during the day.
 - b. Ask God to help me stay drug free/sober tomorrow.
 - c. Ask God to show me what he wants to accomplish through me.