



## #2.2 - July 13, 2022 Refreshing the Basics

### What I'm Thinking

*I just spent my annual week at trumpet camp. This was the 7th year and every year has been a life-changing event! I get to play trumpet a lot. I had the chance to listen to my trumpet mentor talk about being a musician. I was reminded of why I love playing trumpet- and how to get better at it.*

*As you may have noticed, that is my definition of mastery- getting better at something important to you. Trumpet camp in 2015 was where my whole journey of mastery began. One of the important things about mastery is that I can't forget or assume the basics. Every year at trumpet camp I hear the basics. The faculty members may talk about them in new ways, but the basics themselves don't change. The trumpet is still a trumpet; the scales and routine remain the same.*

*But I change. I am not the same person I was a year ago. I am more proficient at my playing. I can do things on the instrument that I would have found difficult even in January, let alone seven years ago. Returning to trumpet camp and the basics-*

1. Shows me my progress and that I am able to grow and change.
2. Reminds me that all of this is based in some simple basics that can help me stay focused.
3. Provides me new challenges and goals to continue the growth and change.
4. Strengthens my commitment to the practice and how it does improve my life.

For me the connection to my life as a recovering person is clear.

- I have to stay with the basics- and see where they have taken me in the past year. I am "better" at living the values and ways of recovery than I was then.
- I need to be reminded that the world has changed, and so have I. That will always bring some type of challenge. I am building on what has gone before to face and grow with what comes next. Take inventory and move forward.
- Then live it, practicing these principles in all my affairs.

There are times I get "stuck," which usually means I am at a plateau, a new challenge, or I have forgotten some aspect of the basics. But that is not the

end. Just when you think you've gone as far as you can go, you discover you've only just begun to grow.



## Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us get unstuck.

### Phase 1- Foundation

- [Week 1]- Naming your fears
- [Week 2]- What's happening now?
- [Week 3]- ONE Goal

### Phase 2- Flow

- [Week 4] Building Your Plan
- [Week 5] Working your plan
- [Week 6] Staying Unstuck, Staying Healthy

### Phase 3- Freedom

- [Week 7] Spirituality and Community
- [This week] Values and Purpose
  - Know your values and build on them
  - Carry the message-live the values
  - Keep your actions and values aligned

**Link to a copy of the**

***Mastering Recovery*** Roadmap to download.

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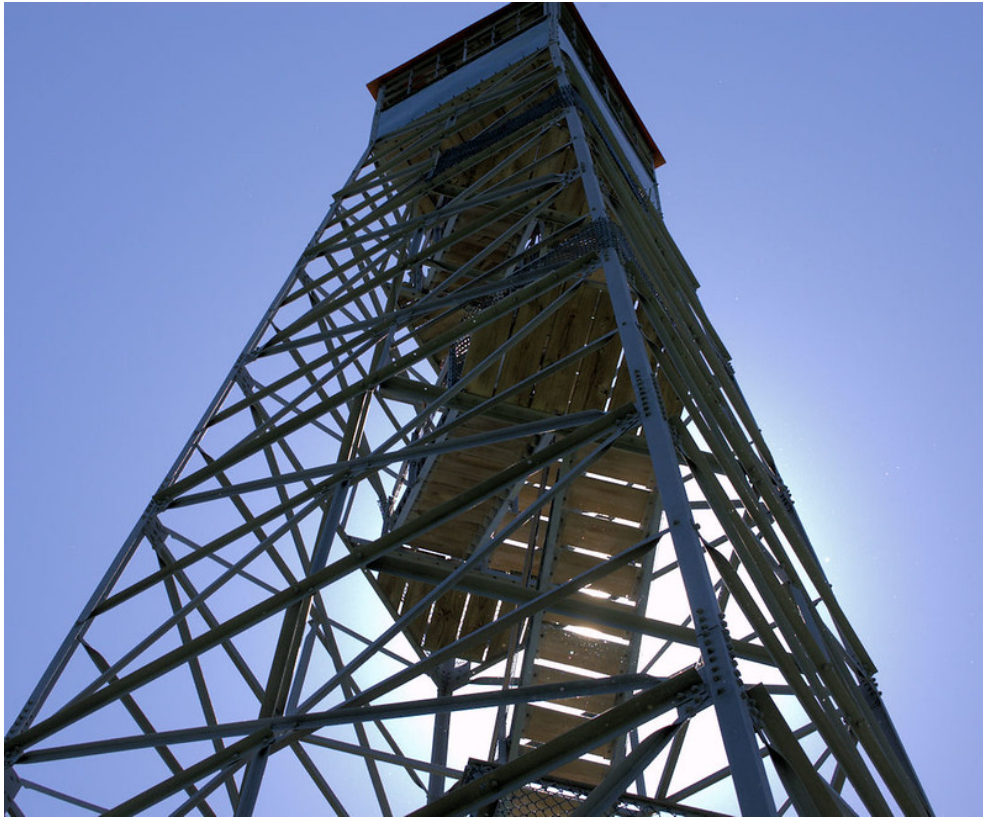
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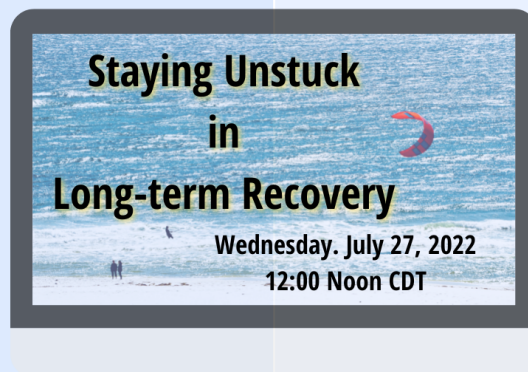
## Quote and Picture of the Week

You are never too old to set another goal  
or to dream a new dream.



## A Mastering Recovery Free Live Webinar

**Coming soon**



[Click on picture for more information and to register.](#)

### ***Mastering Recovery Tools and Resources***

Here are current resources:

- **The book**, *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery*. [Amazon link](#). (Kindle, paperback, hardback, and audio book)

