



#2.34 - February 22, 2023

Values and Purpose: Session #1



**Autonomy, Awareness,
and Clarity**

Welcome. Glad you are here. Over these six weeks you will

- Discover and express the guiding values of your personal life and recovery
- Decrease any fears of rejection, failure, or the discomfort that come from uncertainty in living your values
- Find ways to live more confidently according to your values and discover the sense of purpose this provides.

A quick reminder:

- Mastery is a process where we work to get better at things that are important to us.
- It works with any healthy, successful recovery program.
- Anders Ericsson, who developed much of this in his book, *Peak*, has five steps of developing mastery:
 - Deliberate Practice
 - Repetition
 - Consistent Feedback (External & Internal)
 - Focus
 - Endurance

(Don't worry. This will all fall into place over these six-weeks.)

It all starts with the three things that title this week's session: autonomy, awareness, and clarity.

- **Autonomy** means simply that one has the ability to make decisions and act with a sense of self. This is a sense of independence that is tempered with knowing that in many things we need support and help from others. We can do it, **but we can't do it alone**. Built into this is the presence of a **growth mindset**, rather than a fixed one that is stuck in whatever is the way things are. Growth is the acceptance of positive learning and growing that is always possible in some form or another.
- **Awareness** includes both external and internal attentiveness. This is often referred to as **mindfulness**, and has become a

major element of recovery and healthy living over the past fifteen to twenty years. Mindfulness is a significant part of knowing that we can do things and learn new ways. It also helps us discover what we need to know and learn and leads us to the third thing for this week.

- **Clarity** is putting our awareness and autonomy to work at **self-inventory**. It is digging past the distractions, fears, and lack of confidence to set goals and move forward.

Each week we will begin with this brief introduction and background. But the heart of the sessions will be the opportunity for you to do some of that work of autonomy, awareness, and clarity. I will call them “Prompts” and you can use them as self-inventory questions, journaling suggestions, or even something you discuss with a mentor, coach, or sponsor.

You don’t need to do this all in one sitting. We’ll cover that in the “Week’s Practice” section.

The Prompts

There are four reasons to be afraid of discovering and living by one’s values:

1. *Fear of rejection* or disapproval from others who may not share our values.
2. *Fear of failure* or not being able to live up to our own standards and expectations.
3. *Fear of discomfort* or inconvenience that may arise from standing up for our values in certain situations.
4. *Fear of change* or uncertainty that may come from living by our values and breaking away from familiar routines or social norms.

Which fear appears when I think about exploring my values?

- Rejection/disapproval?
- Failure
- Discomfort or inconvenience
- Change or uncertainty
- Other- Name it _____.

When have I successfully lived by my values and not had these things happen? Give an example.

What value was I expressing when I was successful at overcoming my fears?

Why was that value important? Why could I successfully face my fears with this value?

Each day of the week, try to go deeper into that value and what you did to be able to face your fears. Just ask why for each new idea. Do this only 2-3 times per day. Don’t obsess about it. Just let it happen.

The Goal/The One Thing

By the end of the week, you will be able to look back at your thoughts, writings, or conversations and find be able to set a goal for how you might be able to build on this, what you need to learn, what

skills you may need to develop, people you would like to work with or share this with. Then answer the question:

- What is the one thing that I can do in the next week that will make all this easier to do?

This keeps us from living the insanity we have left behind that if one thing is good, ten or more might be better! Keep it simple. What is the ONE thing?

The Week's Practice

You have a whole week to meditate and consider the prompts. In fact, one of the purposes is to get into a rhythm of self-inventory and mindfulness. This is the deliberate practice of Ericsson's mastery path. Such practice is focused and planned. It needs a sense of regularity about it. It needs to have a sense of fun and joy. Being overwhelmingly serious about it can make it a chore and not a chance to grow and learn more about your life and purpose.

If you already have a regular time of prayer, reflection, inventory, or meditation:

- If what you are already doing is working, don't stop! It will become part of your deliberate practice.
- Take part of that time to review the prompts for the week.
- Take no more than 10-15 minutes for this specific exercise in values and purpose.
- Again, keep it focused and simple. You are not answering all your questions in one week.
- Use a written or computer-based journal to record your thoughts and ideas.
- Consider the prompts each day

If you don't have a regular time of prayer, reflection, inventory, or meditation:

- Start one.
- Set a time and place to do this. It can be morning or evening, whatever works for you. It can be every day, or no less than every other day at this point. Be good to yourself. You want this to be interesting and eventually even fun.
- Take no more than 10-15 minutes for this specific exercise in values and purpose.
- Keep it focused and simple. You are not answering all your questions in one week.
- Use a written or computer-based journal to record your thoughts and ideas.
- Consider the prompts each day

That's it for this week. Just go and do it. Don't overthink it; relax into it; find what gives you a sense of peace, joy, or hope. Next week we will finish the foundation of our journey together.



[Link to PDF version of this newsletter and lesson.](#)



Facing Challenges - Building Recovery

[Link to blueprint.](#)

- Other new resources coming later this year to the Mastering Recovery family:
 - For professionals working in the field of substance use disorder:
 - How to begin to work with clients on the very basics of mastery without scaring them away.
 - This could include developing training programs, continuing education webinars, or coaching.
 - For individuals in long-term recovery:
 - How to navigate the difficult transitions in years two through five.

I want and need your ideas and feedback.

- Send me an email at barry@balehman.com
- Schedule a one-on-one Zoom at the link below.

Here is a link to schedule a one-on-one Zoom session with me over the next weeks. That can be a way to look at the ideas you may have or questions you would like to work on.

<https://calendly.com/barryrecovery/zoom-call>

Any questions, please email me. I hope we can find a time to connect and see how this can fall into place.

[Link to a copy of the Mastering Recovery Roadmap](#) to download.

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Quote and Picture of the Week

Your attitude is an expression of your values and expectations.

--Zabid Abas



Take time..

to contemplate your values.

Mastering Recovery Tools and Resources

Here are current resources:

- *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery.* [Amazon link](#). (Kindle, paperback, hardback, and audio book)
- *Mastering Recovery: A Three-Week Journal to Start the Path of Mastering Recovery.* [Amazon link](#). (Paperback only.) Free [PDF Link](#)
- **Mastering Recovery: The Basics.** Online webinar at Teachable. [Link to enroll.](#)
- **The Mastering Recovery web** pages. Go to the home page: www.masteringrecovery.net
- **The Mastering Recovery Facebook page-** [LINK to Mastering Recovery Page](#)
- The **Mastering Recovery Facebook group** A "private group" only those who are members, will be able to see and make posts. [Link to JOIN](#)
- **Newsletter Archive** of all the weekly newsletters. [Link to past newsletters.](#)
- **Life in Tune** Newsletter/blog. [Link to subscribe.](#)

Barry Lehman

4903 16th Ave NW,
Rochester MN 55901 United States

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