



#2.39 - March 29, 2023

Values and Purpose: Session #6



Purpose, Gratitude, and Celebration

The end of the series is in sight. (Though, no matter what, your journey will continue.) In reality, and yes, it is a cliché to say it, but it is truly just the beginning. You now have a better insight into yourself and your values. You have done some spiritual searching for purpose. You have been exploring what you might need or want to practice to develop greater mastery in your recovery lifestyle. If you are like me, and I have to admit I'm not all that unique, you are ready to ask,

“So, Barry, I've been doing this series. What next?”

Great question. But it's not time for that quite yet. Eventually, with enough practice and experiences you will be asking that question less often, yet finding *what's next* with less effort. To bring this series to a close, then, there will be one more bonus session in two weeks. This is to slow us down to really look at what has been happening during this intensive, but just scratching the surface, series. To add cliché on top of cliché, you ain't seen nothin' yet!

So, just as a reminder here are the five steps of developing mastery from Anders Ericsson's book, *Peak*:

- Deliberate Practice (sessions 1 & 2)
 - Goals and plans
 - The One Thing that makes it easier
- Repetition (Session 2)
 - Regular schedule
 - Don't rush it
- Consistent Feedback (Session 3)
 - External & Internal
 - Discuss it with mentor, coach, sponsor, close friends
 - Be honest with yourself
- Focus (Session 4)
 - Keep the goal clear, specific, and always in front of you
 - Knowing what to look for as signs of a relapse process
- Endurance (Sessions 5 & 6)

- Beyond boredom with acceptance
- Purpose and gratitude keep us motivated

One last (for the moment) series of thoughts, then. The US Army describes the importance of “spiritual readiness” this way:

- To cultivate a better understanding of your state of being, invest in spiritual readiness—the ability to endure and overcome difficulties through finding meaning in our life experiences. Harnessing spirituality in our lives empowers us, even during the toughest moments.

It is through knowing our meaning (a spiritual skill) that we move with a sense of gratitude. To be aware of our purpose eases many tensions by adding hope and promise and a sense of endurance.

And happiness, an enhanced quality of life, and greater self-esteem with less mental and emotional distress. Or, for those of you of a 12-step approach, the Promises. And yes, we will be amazed before we are half-way through.

So, go ahead with this week’s prompts, one thing, and practice. See you again in two weeks.

Journal Prompts

Here are some strategies for developing your spiritual readiness:

Set clear goals. Setting goals helps to increase motivation, even for everyday tasks that might lack meaning. Goals can connect these actions to a bigger picture or purpose. Setting a goal is an act of optimism as you construct a plan for achievement. Identify your priorities and leverage your personal values to motivate action. When you are motivated by your values, such as integrity or Family, you are more likely to achieve the goal when you face obstacles. Hold yourself accountable and share your goals with others to help build connection to those who can provide encouragement.

Practice daily gratitude. Gratitude gives us a sense of fulfillment and hope for the future. It’s easy to overlook some of the positive moments in our lives. We get so caught up in what’s ahead and the next thing we have to accomplish or overcome. Take time to be grateful for positive moments, goals accomplished, and relationships built.

Have conversations with people you trust on the topic of meaning. This will help you strengthen your purpose, explore ways to live more fully, and build connection.

Ask difficult questions:

- Why am I here and what is my purpose?
- Do I believe in a cause that’s bigger than just me?
- Who and what in my life provides the most meaning?
- How do I explain the things that happen to me?

[*Spiritual Readiness: Finding Meaning and Purpose*. U.S. Army. [LINK](#)]

Goal/One Thing

Because of the purpose you are building, take One Thing a day that you have discovered that will help you live that during that day. At the

end of the day, be grateful. Sounds simple. What is more difficult is doing it regularly.

By this point your daily practice is becoming more consistent, or at least more familiar. Hence it can become easier to do the One Thing and not get as easily sidetracked. Set a calendar or appointment reminder.

Two-Week's Practice

There will be a bonus session sent in *two weeks* in the newsletter on April 12. That will be to set the goals for your own *continued* development of your recovery lifestyle. For the next two weeks, here is a suggested practice.

Days one to seven:

- Just follow this week's journal and One Thing as you have been doing on the other sessions. You are connecting with your purpose and being grateful for what you are discovering.

Days eight to fourteen:

- On the first day next week, go back and review Session One in your journal or writings. If you didn't write it down, that's okay. You weren't ready. Just review the session and the ideas it brought up. Note how you have changed about that topic in the past six weeks. Give thanks in celebration of that.

On the second day of that week, repeat the review and celebration with the second session. Day 3 will be session 3, etc. Day 8, bring it all together in a short statement of what it all means. Then celebrate with gratitude.

Then watch for more thoughts in two weeks about what's next. Have a great two weeks.

Note: As always, I would love to hear from any of you who have been working on these Values and Purpose sessions. Send me an email at barry@balehman.com with any reactions, ideas, suggestions, and questions.



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



Mastering Recovery: A Blueprint for Long-Term Sobriety

A unique support for professionals in long-term recovery to decrease anxiety in ninety days from a fear of cravings and relapse, so they can build an all-encompassing lifestyle of recovery and a sense of purpose and direction.

Phase 1 Foundation	Phase 2 Flow	Phase 3 Freedom
1. Growth Mindset Increase the potential for growth in recovery avoiding the sensation of feeling blocked.	4. Make a Plan Expand your goal without complications or minimizing your abilities.	7. Spirituality and Community Find your unique spiritual approach to recovery without feeling disconnected or alone.
2. Awareness and Autonomy Discover personal skills without getting sidetracked by fear of failure.	5. Work the Plan Practice mastery to decrease cravings and fear of sharing feelings and needs.	8. Values and Purpose Live by your guiding values without feeling unable to do it honestly.
3. Desires and Empowerment Set a goal to work on without being overwhelmed by confusion.	6. Stay Unstuck Get clarity of goals and next steps to deal with anger or irritability.	9. Gratitude and Acceptance The next stages of your recovery beyond boredom or restlessness.

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

This is a wonderful day. I have never seen this one before.

-Maya Angelou



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.](#)
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