



**#2.41 - April 12, 2023**

## **Values and Purpose: Bonus Session**



**Celebrate, Reflect, and  
What's Next**

One last bonus on the six weeks of Values and Purpose. I hope it has been a meaningful six weeks for you.

Let me start with a reminder of the five steps of developing mastery from Anders Ericsson's book, *Peak*. I have added the general ideas from the sessions:

- **Deliberate Practice** (sessions 1)
  - ~ *Autonomy, Awareness, and Clarity*
    - Goals and plans
    - The One Thing that makes it easier
- **Repetition** (Session 2)
  - ~ *Honesty, Desires, and Empowerment*
    - Regular schedule
    - Don't rush it
- **Consistent Feedback** (Session 3)
  - ~ *Focus and Plan*
    - External & Internal
    - Discuss it with mentor, coach, sponsor, close friends
    - Be honest with yourself
- **Focus** (Session 4)
  - ~ *Healthy, Focused, and Moving*
    - 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)
  - ~ *Endurance, Spirituality and Acceptance (5)*
  - ~ ***Purpose, Gratitude, and Celebration (6)***
    - Beyond boredom with acceptance
    - Purpose and gratitude keep us motivated

Over the past two weeks you looked at these sessions and reflected on the information and your personal experiences. Quick (obvious) questions:

- What worked and what didn't?
- What did you discover that was new or a new perspective on your values and purpose?
- What did you find that you would like to spend more time exploring?
- What help will you need?

(Here is a [link](#) to the page where you can find the individual sessions.)

### **What next for you?**

Continue to celebrate the insights you have gained, the possibilities you have discovered and the deeper awareness you have developed. Celebration- also known as gratitude and acceptance- is a regular part of recovery. It is the enjoyment of life and the hope for the continuation.

The key question we have been discussing:

- What is the ONE thing I can do in the next two weeks to continue what I have been learning? It is the ONE thing that will make all the rest easier and more exciting.
- Describe it in one or two sentences as a specific goal for you.
- Name your support people.
- How will you “practice” this to get better at your ONE thing, which is something important to you and your continued growth in recovery?

### **What next from me?**

- Within the next two weeks you will get a non-newsletter email with survey question and more information about my expanding resources including:
  - An opportunity to be one of three or four people to be the first to work with me on a deeper dive into *Mastering Recovery*.
    - If you would like to get an early jump on that deeper dive opportunity, you can [go to my calendar](#) and make an appointment for a Zoom session with me.

I hope that your journey into Values and Purpose has been helpful, interesting, and even enlightening. I have enjoyed working on it, doing more research, and putting it together.

This newsletter will continue as it has in the past. The possibilities and joys of recovery growth are never-ending. I look forward to more sharing with you.



**P.S.** Again, I would love to hear from any of you who have been working on these Values and Purpose directions. Send me an email at [barry@balehman.com](mailto:barry@balehman.com) with any reactions, ideas, suggestions, and questions.



## 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](mailto: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

**Sometimes you can't see the road ahead but as you keep going, it gets clearer. Stay the course as the fog of life dissipates.**

— Sanjo Jendayi



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## ***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](http://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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### **Barry Lehman**

4903 16th Ave NW,  
Rochester MN 55901 United States

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