

Mastering Recovery



Foundations of Recovery: A Self-Check

What grounds you in long-term recovery?

Use this guide to reflect on what grounds you today.

What's active in your life right now? What might need fresh attention?

The Essentials

Core Recovery Virtues (These anchor your heart and spirit)

- *Honesty* – With yourself, with others, with reality
- *Openness* – Willingness to accept new truths
- *Willingness* – Courage to act, even when uncertain
- *Humility* – Letting go of ego, staying teachable
- *Forgiveness* – Releasing resentments, especially toward self
- *Grace* – Offering and receiving what can't be earned

Grounded Mindsets (These shape your perspective and choices)

- *Curiosity* – Replacing judgment with interest
- *Self-awareness* – Seeing patterns clearly
- *Responsibility* – Owning choices without shame
- *Patience* – Trusting time and process
- *Consistency* – Small daily actions build strength
- *Integrity* – Aligning values and actions

Relational Anchors & Daily Practices (These keep you connected and embodied)

- *Accountability* – Staying tethered to truth-tellers
- *Vulnerability* – Letting yourself be seen
- *Boundaries* – Protecting time, energy, and priorities
- *Service* – Giving back as a form of grounding
- *Community* – Sharing mutual support
- *Daily Rhythms* – Prayer, movement, reflection, creativity

Reflection Prompts

You don't need all of these at once.

Start where you are. Let what matters most root you again.

Self-Check Questions

- Which of these foundations are strong in my life right now?
- Which feel quiet or in need of restoration?
- What practices bring me back to center when I'm off-balance?
- What helps me stay aligned with my values when life gets loud?
- Which part of my foundation am I most grateful for today?



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