



Official Launch Date:

October 4, 2021

Early Launch Team :

September 27, 2021

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Mastering Recovery

A Newsletter on Long-Term Sobriety

#8 -- August 25, 2021

Finding Meaning and Purpose

Purpose: Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative.

Purpose: When we see how life can be different and have a new direction as we maintain our practice of recovery

What I'm Thinking

In the book, Drive, Dan Pink says that "purpose is the yearning to do what we do in the service of something larger than ourselves." That can lead to the comments above. It is having meaning and direction, it is discovering new ways to be creative or do the common everyday things in an uncommon way.

Purpose can become the key to making decisions. If I do this will it:

1. Help me fulfill my purpose in life
2. Detract from what I'm trying to do
3. Make no difference.

In early recovery the answers can be quick and easy with the most important question: If I give in and use, that clearly will make a big difference if my immediate purpose is to build sobriety. After two or even twenty years, that answer doesn't change. By then we may have found many other purposes. We might want to be a better parent or spouse. We might want to work toward a different and more meaningful job. We might want to find healthier habits and hobbies.

It starts with maintaining sobriety. That is the bottom line purpose of all my decisions. It allows me to find the other purposes. Only if I remain sober can I discover the deeper ways to live.

Mastering recovery can be a path to finding my meaning and make a difference in the world.



Facing Challenges - Building Recovery

Questions that can lead to finding purpose:

How do I want people to remember me?

I feel the greatest passion for life when I am

If I wanted to tell the world an important message it would be

In order to fulfill these, the next step I can take is

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Picture of the Week



Yellow in the Sand

Just to stand out.
To be seen is enough.

Have You Seen This?

A Rabbi Walks Into an AA Meeting.

Earlier this summer, Rabbi Efreim Goldberg wrote about an experience he had attending an AA meeting. He was there in support of a young man celebrating two years of sobriety. He discovered that there's more to all this recovery than just not using substances any more. It comes from a religious perspective, of course, but it reminds us that the message of sobriety can have many ways to reach people.

[Link](#)

Quote of the Week

The two most important days in life are the day you were
born
and the day you find out why.

- Mark Twain

Tools and Resources

Here again is the link to the book that got me more aware of
mastery:

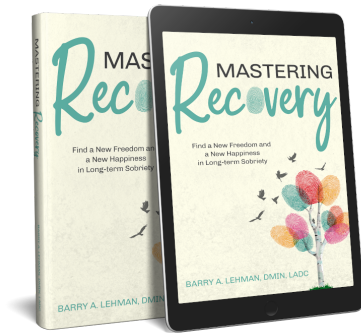
[Drive: The Surprising Truth About What Motivates Us](#)

And the classic from Viktor Frankl:

[Man's Search for Meaning.](#)

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## Book Update

**Official Launch Date: October 4, 2021**

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***Introductory Journal/Workbook  
will be available  
free to all purchasers.***

Early sales and reviews are an important part of a new book. A strong launch team gets a book off to a good start by buying the book at a reduced price at launch, write a review on Amazon, and share about the book on your social media.

If you are willing to do that, click the link below.

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