

THE SOBER PLAYBOOK

**THE PLAYBOOK FOR FREEDOM,
RESILIENCE, AND LASTING CHANGE**

COMPLETE RECOVERY WORKBOOK

BY LESLIE REYNOLDS, CH

THE SOBER PLAYBOOK

Your Complete Recovery Workbook

Workbook Features

- **Worksheets included:** CBT journaling, mindfulness check-ins, relapse prevention, values clarification, coping toolbox, gratitude, recovery identity, future visioning, resilience planning, legacy journaling.
- **Checklists:** End of each phase with “This Week’s Checklist.”
- **Progress Trackers:** Mood/craving scales, badge milestones.
- **Reflection Prompts:** Weekly journaling questions.
- **Family Empowerment:** Boundary setting, shared rituals, gratitude circles

Purpose

This workbook is your **step-by-step guide to recovery**. It utilizes the best evidence-based therapies (CBT, Motivational Interviewing, Mindfulness, Relapse Prevention) with practical worksheets, checklists, and reflection prompts. Think of it as both a **playbook** and a **journal** — a place to learn, practice, and track your progress.

Structure

- **26 Weeks Total** → Divided into 6 Phases.
- **Each Phase** → Focuses on a specific recovery goal (motivation, resilience, wellness, family, integration, growth).
- **Each Week** → Includes:
 - A checklist of actions.
 -  Worksheets to complete.
 -  Practices to try.
 -  Reflection prompts to journal.

 Each of the six phases includes carefully chosen, impactful programs from the platform—such as yoga, meditation, tai chi, qi gong, guided practices, and life hacks—designed to strengthen recovery and support lasting growth.

Daily Practice

- **Morning:** Complete your *Commitment Card* (mood, cravings, intention).
 - **Evening:** Reflect on your day (gratitude, wins, challenges).
 - **Mindfulness:** Practice at least one calming exercise daily (breathing, meditation, movement).
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Weekly Routine

1. **Start with the Checklist** → Review what to do this week.
 2. **Complete Worksheets** → Fill in the templates provided.
 3. **Practice Skills** → Try CBT, mindfulness, or coping tools in real situations.
 4. **Reflect** → Answer the weekly journal prompts.
 5. **Reward Yourself** → Celebrate progress with a badge, treat, or ritual.
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Tracking Progress

- Use the **Master Checklist Roadmap** at the front to see the big picture.
 - Mark off each weekly checklist as you complete it.
 - Collect badges for milestones (7 days, 30 days, 90 days, graduation).
 - **Review your worksheets regularly** — they become your personal recovery record.
-

Family & Support

- Invite family or trusted supporters to join in certain worksheets (Commitment Cards, Gratitude Circles, Boundary Setting).
 - Share progress with peers or group sessions for accountability.
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Tips for Success

- Go at your own pace — if you miss a day, pick up where you left off.
- Be honest in your journaling — this is your safe space.
- Celebrate small wins — recovery is built step by step.
- Revisit worksheets — your answers will evolve as you grow.

If you happen to relapse at any time, don't let it derail what you've begun. Get right back up, brush yourself off, and continue – every step forward counts!

Important Note

This workbook is not just about stopping substance use — it's about building a **new life aligned with your values, strengths, and vision for the future**. Every page is a step toward freedom, resilience, and lasting growth.

Phase 1: Stabilization & Commitment (Weeks 1–2)

Goal: Build motivation, establish safety, and create a recovery foundation.

- Watch introduction video once to better understand this platform and its many features
 - Complete Daily Commitment Card (mood, cravings, intention)
 - Journal: “What I gain vs. what I lose”
 - Values Clarification Worksheet
 - Create affirmations + track small wins
 - Thought Record Worksheet (daily)
 - Behavior Mapping Worksheet
 - Weekly reward ritual
-

Phase 2: Cognitive & Emotional Resilience (Weeks 3–6)

Goal: Restructure thinking, build coping skills, reduce relapse risk.

- Cognitive Restructuring Worksheet
- Behavioral Activation Schedule
- Problem-Solving Worksheet
- Relapse Prevention Plan Worksheet
- Urge Surfing Practice Sheet
- Coping Toolbox Builder
- Triggers & Emotions Log
- Mindfulness Check-In Worksheet

Phase 3: Physical Wellness & Stress Regulation (Weeks 7–10)

Goal: Strengthen body, reduce stress, support mind-body integration.

- Yoga practice (2x/week)
 - Tai Chi/Qigong (15 minutes daily)
 - Breathing techniques (box breathing)
 - Progressive Muscle Relaxation (PMR)
 - Stress Management Tracker
 - Body Scan Reflection Worksheet
 - Journal: “How does my body feel when stressed vs. calm?”
-

Phase 4: Family & Social Empowerment (Weeks 11–14)

Goal: Engage family, strengthen support systems, build accountability.

- Family Commitment Cards
 - Weekly family activity (walk, meal, journaling)
 - Boundary Setting & Communication Worksheet
 - Gratitude & Strengths Journal Worksheet
 - Seek group SUD meetings online or in person if desired
 - Peer Accountability Challenges (badges for 7, 30, 90 days sober)
 - Journal: “How has involving my family changed my recovery?”
-

Phase 5: Community & Purpose (Weeks 15–20)

Goal: Consolidate skills, sustain engagement, prevent relapse.

- Morning check-in (mood + intention)
- Evening reflection (gratitude)
- Weekly dashboard review
- Reflection & Progress Check-In Worksheet
- Life Balance Wheel Worksheet
- Monthly trigger review
- Emergency Plan (3 steps for high-risk moments)
- Journal: “What strategies have worked best for me so far?”

Phase 6: Sustaining Recovery & Long-Term Growth (Weeks 21–26)

Goal: Transition to independence, strengthen resilience, expand life skills.

- Core Beliefs Worksheet (identify + reframe)
 - Future Visioning Worksheet (1, 3, 5 years)
 - Recovery Identity Worksheet
 - Relapse Resilience Plan (Advanced)
 - Legacy & Purpose Journaling Worksheet
 - Weekly Maintenance Check-In Worksheet
 - Graduation: Personalized 6-month recovery roadmap
 - Booster: Monthly trigger review + family rituals
 - Journal: “What did I learn from this slip?”
-

Phase 1: Stabilization & Commitment

Weeks 1–2

 **Goal** - *Build motivation, establish safety, and create a recovery foundation.*

Daily Actions

-  Watch the Introduction Video on the home page (just once).
 -  Complete the Daily Commitment Card (mood, cravings, intention).
 -  Track your Daily Mood & Craving Level (1–10 scale).
 -  Reward yourself weekly — write down one positive step and give yourself a badge or treat.
-

Recommended Programs:

- Guided Meditation for calming cravings and reinforcing commitment.
 - Meditation Music to create a safe, soothing environment.
 - MindMaster Minute Life Hacks for quick daily motivation boosts.
-

Exercises

1. Motivational Interviewing (MI)

- Motivation Balance Worksheet
 - Journal: “What I gain by staying sober” vs. “What I lose if I continue using.”
 - Write down your top motivators and barriers.
 - Affirmations
 - Create 3 daily affirmations and track small wins.
 -  For deeper values work, see *Workbook 2: Values Clarification (Worksheet 1)*. Use that if you want to expand beyond motivation into long-term alignment with your core values.
-

2. Safety Planning

- Safety Plan Worksheet
 - Who can I call if I feel unsafe?
 - Where can I go if I need support?
 - What will I do if cravings feel overwhelming?
-

3. CBT Foundations

- Trigger Awareness Log
 - Situation → Craving Level → Coping Response.
 - Simple daily log to build awareness of patterns.
 - High-Risk Situation Map
 - Chart people, places, and times that feel risky.
 - Add coping responses you can use in each scenario.
 - Journal Prompt: “What situations make me most vulnerable?”
 - 👉 For deeper CBT journaling, see *Workbook 1: CBT Journaling for Triggers & Thoughts (Worksheet 1)*. Use that once you’re ready to challenge and reframe automatic thoughts.
-

Reflection Prompts

- “Why did I choose recovery today?”
 - “Which coping response worked best this week?”
 - “What small win am I most proud of?”
 - 👉 For structured weekly reflection, see *Workbook 2: Reflection & Progress Check-In (Worksheet 7)*. That’s a great tool once you’ve stabilized and want to track growth more formally.
-

Tip

Phase 1 is about starting small and building consistency. Focus on awareness, motivation, and safety — the foundation for everything that follows. Use the Journaling Workbooks when you want to go deeper, but keep Phase 1 simple and steady.

Phase 2: Foundations of Recovery

Weeks 3–6

 **Goal** - Develop core coping skills, strengthen awareness, and begin building relapse prevention strategies.

Daily Actions

-  Complete the Daily Commitment Card (mood, cravings, intention).
 -  Track cravings using the Craving Intensity Scale (1–10).
 -  Practice one mindfulness or grounding technique daily (breathing, music, stretching).
 -  Reward yourself weekly with a badge or small celebration.
-

Recommended Programs:

- Meditation sessions to strengthen awareness and emotional regulation.
 - Yoga for grounding and stress release.
 - MindMaster Minute Life Hacks to reinforce coping strategies in daily life.
-

Exercises

1. Coping Skills Development

- Coping Toolbox Worksheet
 - List calming tools, supportive people, healthy distractions, and an emergency plan.
 - Choose one tool to practice daily.
 -  For deeper practice, see *Workbook 2: Coping Toolbox Builder (Worksheet 2)*. Use that if you want to expand your list and formalize your emergency plan.
-

2. Emotional Awareness

• Triggers & Emotions Log

- Situation → Emotion → Intensity → Coping Response → Reflection.
 - Helps identify patterns and build healthier responses.
 - 👉 For deeper journaling, see *Workbook 2: Triggers & Emotions Log (Worksheet 3)*. That workbook adds structured prompts for automatic reactions and lessons learned.
-

3. Mindfulness Practice

• Mindfulness Check-In

- Morning: “One word to describe how I feel.”
 - Evening: “One moment I felt calm, one challenge I handled well, one thing I’m grateful for.”
 - 👉 This aligns with *Workbook 1: Mindfulness Check-In (Worksheet 2)*. Use the workbook version if you want a daily template to track progress more formally.
-

4. Relapse Prevention Basics

• High-Risk Situation Map

- Identify people, places, and times that feel risky.
 - Add coping responses for each.
 - Journal Prompt: “What situations make me most vulnerable, and how can I prepare for them?”
 - 👉 For deeper relapse planning, see *Workbook 1: Relapse Prevention Planning (Worksheet 3)*. That workbook expands into urge surfing and advanced prevention strategies.
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📌 Reflection Prompts

- “Which coping tool helped me most this week?”
 - “What emotions or triggers showed up most often?”
 - “How did mindfulness change my day?”
 - “What high-risk situation did I handle better than before?”
-

 **Tip** - Phase 2 is about building your toolkit. Try different coping skills, track your emotions, and begin planning for high-risk situations. Use the Journaling Workbooks when you want to go deeper, but keep your Playbook practice simple and consistent.

Phase 3: Physical Wellness & Stress Regulation

Weeks 7–10

 **Goal** - Strengthen recovery by calming the body, regulating stress, and building awareness of physical and emotional states.

Daily Actions

-  Complete the Daily Commitment Card (mood, cravings, intention).
 -  Practice at least one stress-regulation technique daily (Box Breathing, PMR, or Body Scan).
 -  Track stress levels using the Stress Management Tracker (1–10 scale).
 -  Reward yourself weekly with a badge or small celebration.
-

Recommended Programs:

- Tai Chi for gentle movement and stress regulation.
 - Qi Gong to balance energy and calm the nervous system.
 - Meditation Music during relaxation practices.
-

Exercises

1. Mindfulness Toolkit Overview

- Box Breathing → Quick resets for focus and stress relief.
 - Progressive Muscle Relaxation (PMR) → Release tension by tensing and relaxing muscle groups.
 - Body Scan Reflection → Build awareness by noticing sensations without judgment.
-  For deeper mindfulness journaling, see *Workbook 1: Mindfulness Check-In (Worksheet 2)*.
-

2. Stress Management Tracker

Instructions: Each day, check off which practice(s) you completed and jot down how you felt.

Monday

Box Breathing

PMR

Body Scan

Notes: _____

Tuesday

Box Breathing

PMR

Body Scan

Notes: _____

Wednesday

Box Breathing

PMR

Body Scan

Notes: _____

Thursday

Box Breathing

PMR

Body Scan

Notes: _____

Friday

Box Breathing

PMR

Body Scan

Notes: _____

Saturday

Box Breathing

PMR

Body Scan

Notes: _____

Sunday

Box Breathing

PMR

Body Scan

Notes: _____

3. Individual Worksheets

Box Breathing Daily Tracker

- Monday: Notes: _____
 - Tuesday: Notes: _____
 - Wednesday: Notes: _____
 - Thursday: Notes: _____
 - Friday: Notes: _____
 - Saturday: Notes: _____
 - Sunday: Notes: _____
-

PMR Daily Tracker

- Monday: Notes: _____
 - Tuesday: Notes: _____
 - Wednesday: Notes: _____
 - Thursday: Notes: _____
 - Friday: Notes: _____
 - Saturday: Notes: _____
 - Sunday: Notes: _____
-

Body Scan Reflection Tracker

- Monday: Tension: _____ Relaxation: _____ Notes: _____
- Tuesday: Tension: _____ Relaxation: _____ Notes: _____
- Wednesday: Tension: _____ Relaxation: _____ Notes: _____
- Thursday: Tension: _____ Relaxation: _____ Notes: _____
- Friday: Tension: _____ Relaxation: _____ Notes: _____
- Saturday: Tension: _____ Relaxation: _____ Notes: _____
- Sunday: Tension: _____ Relaxation: _____ Notes: _____

👉 For deeper emotional tracking, see *Workbook 2: Triggers & Emotions Log (Worksheet 3)*.

Reflection Prompts

- “Which practice felt most effective this week?”
 - “Did I notice patterns in my stress levels?”
 - “Which part of my body held the most tension?”
 - “How can I make mindfulness part of my daily routine?”
-

Tip

Mix and match! Some days you may only have time for Box Breathing, while others you can do a full PMR session or a Body Scan. The goal is **consistency, not perfection**.

Phase 4: Family & Social Empowerment

Weeks 11–14

 **Goal** - Engage family, strengthen support systems, and build accountability. Recovery thrives when loved ones are involved and peers celebrate progress.

Daily Actions

-  Complete the Family Commitment Card (shared daily check-in).
 -  Participate in one weekly family activity (walk, meal, journaling).
 -  Practice Boundary Setting & Communication using the worksheet.
 -  Celebrate milestones with Peer Accountability Badges (7, 30, 90 days sober).
-

Recommended Programs:

- Guided Meditation for families to practice gratitude together.
 - Yoga sessions designed for family or group participation.
 - MindMaster Minute Life Hacks for boundary-setting and communication tips.
-

Exercises

1. Family Empowerment Toolkit

- Family Commitment Card Worksheet → Daily accountability between participant and family.
- Gratitude & Strengths Journal Worksheet → Weekly ritual of gratitude and strengths recognition.
- Boundary Setting & Communication Worksheet → Structured prompts for healthy boundaries.

 For deeper boundary practice, see *Workbook 2: Boundary Setting & Communication (Worksheet 5)*.

 For expanded gratitude journaling, see *Workbook 2: Gratitude & Strengths Journal (Worksheet 6)*.

2. Peer Accountability

- Badge Tracker Worksheet → Log milestones at 7, 30, 90 days sober.
- Share badges with peers or family to celebrate progress.

👉 For advanced relapse resilience planning, see *Workbook 3: Relapse Resilience Plan (Worksheet 3)*.

3. Family Activities

- Weekly shared ritual (meal, walk, journaling, gratitude circle).
 - Encourage family members to contribute to worksheets.
 - Journal Prompt: “How has involving my family changed my recovery?”
-

4. Gratitude Circle

What It Is?

The Gratitude Circle is a simple family or peer ritual designed to strengthen connection and reinforce positive recovery habits. It creates space for everyone to share appreciation, recognize strengths, and celebrate progress together.

How It Works

1. **Gather Together** – Choose a regular time (daily or weekly) to sit down with family, friends, or peers.
2. **Take Turns Sharing** – Each person names one thing they are grateful for and one strength they noticed in themselves or someone else.
3. **Listen & Affirm** – Practice active listening. Acknowledge each person’s gratitude with encouragement or a simple “thank you.”
4. **Record Reflections** – Use the worksheet below to jot down what was shared. Over time, this becomes a record of growth and connection.

Why It Matters

- Builds emotional resilience by focusing on positives.
 - Strengthens family bonds and peer accountability.
 - Shifts attention away from cravings or stress toward progress and hope.
 - Creates a supportive environment where recovery is celebrated.
-

Gratitude Circle Worksheet

Instructions:

Gather with your family, friends, or peers once a day or once a week. Each person shares:

- One thing they are grateful for.
 - One strength they noticed in themselves or someone else.
-

Reflection Prompts

- “What gratitude moment stood out most today?”
- “How did sharing gratitude strengthen my recovery?”
- “What strength did I notice in my family or peers?”

Tip

Gratitude doesn't have to be big — even small moments, like a smile, a meal, or a kind word, can make a lasting impact.

Weekly Family Empowerment Tracker

Instructions: Each day, check off which practices you completed and jot down notes.

Monday

- Commitment Card
- Gratitude Circle
- Boundary Practice
- Family Activity

Notes: _____

Tuesday

- Commitment Card
- Gratitude Circle
- Boundary Practice
- Family Activity

Notes: _____

Wednesday

- Commitment Card
- Gratitude Circle
- Boundary Practice
- Family Activity

Notes: _____

Thursday

- Commitment Card
- Gratitude Circle
- Boundary Practice
- Family Activity

Notes: _____

Friday

- Commitment Card
- Gratitude Circle
- Boundary Practice
- Family Activity

Notes: _____

Saturday

- Commitment Card
- Gratitude Circle
- Boundary Practice
- Family Activity

Notes: _____

Sunday

- Commitment Card
- Gratitude Circle
- Boundary Practice
- Family Activity

Notes: _____

Reflection Prompts

- “Which family ritual felt most meaningful this week?”
- “How did boundaries strengthen my recovery?”
- “What gratitude moment stood out most?”
- “How did peer accountability motivate me?”

Tip

Family empowerment is about **connection, not perfection**. Even small rituals — a shared meal, a gratitude circle, a boundary upheld — create lasting impact. Celebrate progress together and let recovery become a shared journey.

Phase 5: Community & Purpose

Weeks 15–18

 **Goal** - Deepen recovery by connecting with community, discovering purpose, and building long-term meaning.

Daily Actions

-  Connect with a peer or community group.
 -  Journal about purpose or values.
 -  Practice one act of service or kindness.
 -  Continue peer badge tracking and expand into community recognition.
-

Recommended Programs:

- Meditation circles to connect with community and shared purpose.
 - Tai Chi or Qi Gong in group settings to foster connection and resilience.
 - MindMaster Minute Life Hacks focused on service and contribution.
-

Exercises

1. Purpose & Values Worksheet

- Identify 3–5 values that guide your recovery.
 - Write a short purpose statement about what gives your recovery meaning.
 - Record how you lived your values each day.
-  For deeper values work, see *Workbook 2: Values Clarification (Worksheet 1)*.
-

2. Service & Contribution Tracker

- Log acts of service or kindness each day.
 - Reflect on how service impacted your recovery and sense of purpose.
-  For legacy journaling, see *Workbook 3: Legacy & Purpose Journaling (Worksheet 5)*.
-

3. Peer Accountability Extension

- Badge Tracker → Extend recognition beyond family into community groups.
- Share milestones with peers for encouragement and accountability.

👉 For advanced relapse resilience planning, see *Workbook 3: Relapse Resilience Plan (Worksheet 3)*.

4. Meaningful Activities

- Explore creative projects, career goals, or spiritual practices.
 - Journal Prompt: “What gives my recovery meaning beyond myself?”
-

Weekly Community & Purpose Tracker

Instructions: Each day, check off which practices you completed and jot down notes.

Monday

- Peer/Community Connection
- Purpose Journaling
- Act of Service

Notes: _____

Tuesday

- Peer/Community Connection
- Purpose Journaling
- Act of Service

Notes: _____

Wednesday

- Peer/Community Connection
- Purpose Journaling
- Act of Service

Notes: _____

Thursday

- Peer/Community Connection
- Purpose Journaling
- Act of Service

Notes: _____

Friday

- Peer/Community Connection
- Purpose Journaling
- Act of Service

Notes: _____

Saturday

- Peer/Community Connection
- Purpose Journaling
- Act of Service

Notes: _____

Sunday

- Peer/Community Connection
- Purpose Journaling
- Act of Service

Notes: _____

Reflection Prompts

- “How did community involvement strengthen my recovery this week?”
- “What act of service gave me a sense of purpose?”
- “Which values guided my decisions today?”
- “How does my vision for the future inspire me to stay sober?”

Tip

Recovery grows when shared. Community and purpose transform sobriety from survival into thriving. Lean into connection, service, and vision — they are the anchors for long-term growth.

Phase 6: Sustaining Recovery & Growth

Weeks 19–26

 **Goal** - Maintain progress, strengthen resilience, and build a long-term vision for thriving in recovery.

Daily Actions

-  Complete the Daily Commitment Card (mood, cravings, intention).
 -  Use the Weekly Maintenance Tracker to monitor wins, challenges, and lessons learned.
 -  Practice one activity that supports balance (health, relationships, creativity, spirituality).
 -  Celebrate milestones with community or family recognition.
-

Recommended Programs:

- Yoga for long-term balance and physical resilience.
 - Meditation Music paired with Guided Meditation for weekly maintenance.
 - Qi Gong to sustain energy and focus.
 - MindMaster Minute Life Hacks for ongoing growth and vision reinforcement.
-

Exercises

1. Recovery Identity & Vision

- Write affirmations that reinforce your recovery identity.
 - Journal about who you are becoming and the legacy you want to build.
-  For deeper identity and vision work, see *Workbook 3: My Recovery Identity (Worksheet 1)* and *Future Visioning (Worksheet 2)*.
-

2. Life Balance Wheel

- Rate areas of life (health, relationships, work/school, fun/creativity, spirituality, personal growth).
 - Identify strengths and areas needing attention.
 - Choose one small action each week to improve balance.
-  For expanded practice, see *Workbook 3: Life Balance Wheel (Worksheet 4)*.

3. Weekly Maintenance Check-In

- Record weekly wins, challenges, and lessons learned.
- Set one focus goal for the upcoming week.

👉 For structured accountability, see *Workbook 3: Weekly Maintenance Check-In (Worksheet 6)*.

4. Relapse Resilience (Advanced)

- Review your long-term triggers and warning signs.
- Update your action plan and support network contacts.

👉 For advanced relapse planning, see *Workbook 3: Relapse Resilience Plan (Worksheet 3)*.

Weekly Sustaining Recovery Tracker

Instructions: Each week, check off your practices and jot down notes.

Week 1

- Recovery Identity Affirmations
- Life Balance Action Step
- Weekly Maintenance Check-In
- Relapse Resilience Review

Notes: _____

Week 2

- Recovery Identity Affirmations
- Life Balance Action Step
- Weekly Maintenance Check-In
- Relapse Resilience Review

Notes: _____

Week 3

- Recovery Identity Affirmations
- Life Balance Action Step
- Weekly Maintenance Check-In
- Relapse Resilience Review

Notes: _____

Week 4

- Recovery Identity Affirmations
- Life Balance Action Step
- Weekly Maintenance Check-In
- Relapse Resilience Review

Notes: _____

Week 5

- Recovery Identity Affirmations
- Life Balance Action Step
- Weekly Maintenance Check-In
- Relapse Resilience Review

Notes: _____

Week 6

- Recovery Identity Affirmations
- Life Balance Action Step
- Weekly Maintenance Check-In
- Relapse Resilience Review

Notes: _____

Week 7

- Recovery Identity Affirmations
- Life Balance Action Step
- Weekly Maintenance Check-In
- Relapse Resilience Review

Notes: _____

Week 8

- Recovery Identity Affirmations
- Life Balance Action Step
- Weekly Maintenance Check-In
- Relapse Resilience Review

Notes: _____

Reflection Prompts

- “What strengths have I built that help me sustain recovery?”
- “Which area of my life feels most balanced right now?”
- “What lesson did I learn this week that will help me long-term?”
- “How does my vision for the future inspire me to stay sober?”

Tip

Sustaining recovery is about **maintenance and growth**. Keep reinforcing your identity, balancing your life, and planning for resilience. Recovery is not just about avoiding relapse — it’s about thriving.

Graduation & Transition

Congratulations!

You've completed the 26-week journey of *The Sober Playbook*. This is more than a workbook — it's a record of your resilience, growth, and commitment to living aligned with your values. Every page you filled out is proof of your strength and progress.

You are capable. You are resilient. You are free!

Graduation Dashboard

Milestone Badges

Check off each milestone as you achieve it. Celebrate with a ritual, reward, or family activity.

Milestone	Date Achieved	Badge Earned	Notes
30 Days Sober	_____	<input type="checkbox"/>	_____
90 Days Sober	_____	<input type="checkbox"/>	_____
6 Months Sober	_____	<input type="checkbox"/>	_____
1 Year Sober	_____	<input type="checkbox"/>	_____
Family Empowerment Rituals Completed	_____	<input type="checkbox"/>	_____
Legacy Journal Written	_____	<input type="checkbox"/>	_____

Legacy Reflection

Use this space to capture your final thoughts at graduation.

- *What am I most proud of from this journey?*
-

- *Which coping strategies will I carry forward every day?*
-

- *How has my recovery changed my relationships, health, and vision for the future?*
-

- *What legacy do I want to build through my sobriety?*
-

 **Inspirational Quote** (*choose one or write your own. It's your personal mantra.*)

- *"Recovery is not just freedom from the past — it's the power to shape the future."*
- *"Every sober day is a victory, every choice a legacy."*
- *"Your story of resilience will light the path for others."*

My personal mantra: _____

Note

This dashboard is your **celebration page**. It shows the milestones you've achieved, the legacy you're building, and the future you're stepping into. Keep it visible — on your wall, in your journal, or shared with family — as a reminder that your recovery is not just a journey, but a triumph.

✦ With this **Graduation Dashboard**, your playbook now has a **complete closing arc**:

- **Graduation Roadmap** (personalized 6-month plan)
 - **Legacy Page** (personal recovery statement)
 - **Graduation Dashboard** (badges + reflection + inspiration)
-

Personalized Recovery Roadmap

Instructions: Use this template to design your next 6 months of recovery.

Step 1 — My Recovery Goals (Next 6 Months)

- Goal 1: _____
- Goal 2: _____
- Goal 3: _____

Step 2 — My Support System

- Family/Friends I can lean on: _____
 - Peer/Group support I will continue: _____
 - For emergency support I will use: _____
-

Step 3 — My Daily Rituals

- Morning check-in: _____
 - Evening reflection: _____
 - Mindfulness practice: _____
-

Step 4 — My Monthly Booster Plan

- Trigger review date: _____
 - Family gratitude circle: _____
 - Emergency plan refresh: _____
-

Recovery Milestones

Celebrate your achievements by marking these milestones:

- 30 Days Sober
- 90 Days Sober
- 6 Months Sober
- 1 Year Sober
- Family Empowerment Rituals Completed
- Legacy Journal Written

Reflection Prompts

- “What am I most proud of from this 26-week journey?”
 - “Which coping strategies will I carry forward every day?”
 - “How has my recovery changed my relationships, health, and vision for the future?”
 - “What legacy do I want to build through my sobriety?”
-

Ongoing Practices

- Continue using worksheets as needed (Triggers Log, Coping Toolbox, Gratitude Journal).
 - Revisit your *Future Visioning* exercise every 3 months.
 - Update your *Relapse Resilience Plan* regularly.
 - Share your progress with family or peers to stay accountable.
-

Note

Recovery is not the end of a workbook — it’s the beginning of a new chapter in your life. You now have a **playbook of tools, rituals, and reflections** to guide you through challenges and celebrate victories. Keep this journal close, revisit it often, and let it remind you:

Your Recovery, Your Story, Your Legacy

Recovery is more than a journey — it’s a legacy you build every day. The choices you make, the strength you show, and the hope you carry forward will inspire others. This page is your chance to define what your recovery means to you and how you want it remembered.

My Recovery Statement

Instructions: Write a personal statement that captures your journey, your values, and your vision for the future.

- *Why recovery matters to me:* _____
 - *What I've learned about myself:* _____
 - *How I want to inspire others:* _____
 - *The legacy I am building:* _____
-

Reflection Prompts

- “What do I want people to remember about my recovery journey?”
 - “How has sobriety changed the way I see myself?”
 - “What impact do I hope my recovery will have on my family, community, and the world?”
-

“Recovery is not just freedom from the past — it’s the power to shape the future.”

Final Note

This workbook is now **YOUR Sober Playbook** — a record of your courage, your growth, and your commitment. Keep it close, revisit it often, and let it remind you:

You are capable. You are resilient. You are free.

*The Sober Playbook is not just a guide, but a **living journal and keepsake** of recovery.*

MY SOBERCARE