



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 17

**WHY STRUCTURE MATTERS MORE
THAN MOTIVATION**
YOUR RECOVERY TOOL

*Use this tool after watching Episode 17. There are no perfect answers.
The purpose is awareness, reflection, and one intentional next step.*

1 THE SQUARED AWAY RECOVERY CHECKPOINT™

Where am I right now?

Thinking about the past seven days, how consistent have your healthy routines been - even when you did not feel motivated?

Not Consistent 1 2 3 4 5 Very Consistent

Which routine has been hardest to protect?

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When motivation drops, do your usual choices move you toward stability - or toward reacting to whatever you feel in the moment?

What routine could help point you back toward stability?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHERE DO I RELY ON MOTIVATION? - What healthy action do I tend to do only when I feel like doing it?

2. WHAT COULD BECOME A ROUTINE? - What simple, repeatable habit would make that action more reliable?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one healthy routine and practice it consistently - especially on the days when motivation is low.

The routine I will protect is:

When and where I will practice it:

MISSION TRACKER

Did I follow my chosen routine today? Check each day you follow through.

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What changed when you relied less on motivation and more on a simple routine?

GO DEEPER

The Squared Away Recovery Checkpoint™, Recovery Compass™, Recovery Journal™, and This Week's Mission™ are recurring tools in the Getting Squared Away approach.

In Getting Squared Away: Rebuilding the Whole Person After Addiction - and in future companion workbook materials - you will find expanded exercises for building healthy habits, daily structure, stability, balance, and routines that support recovery when motivation changes.

Understanding is the first step. Application is where change happens.

MOTIVATION COMES AND GOES. HEALTHY HABITS REMAIN.

IMPORTANT: This tool is for educational and personal reflection purposes only. It does not replace professional medical, psychological, or therapeutic advice. If you are in the U.S. and in crisis, call or text 988. If you are in immediate danger, call 911 or go to the nearest emergency department.

You are not alone. RECOVERY IS POSSIBLE.

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