

TOOLS TO MAINTAIN BALANCE IN YOUR LIFE

Theresa B.

20/20 Clarity in Recovery



Exercise

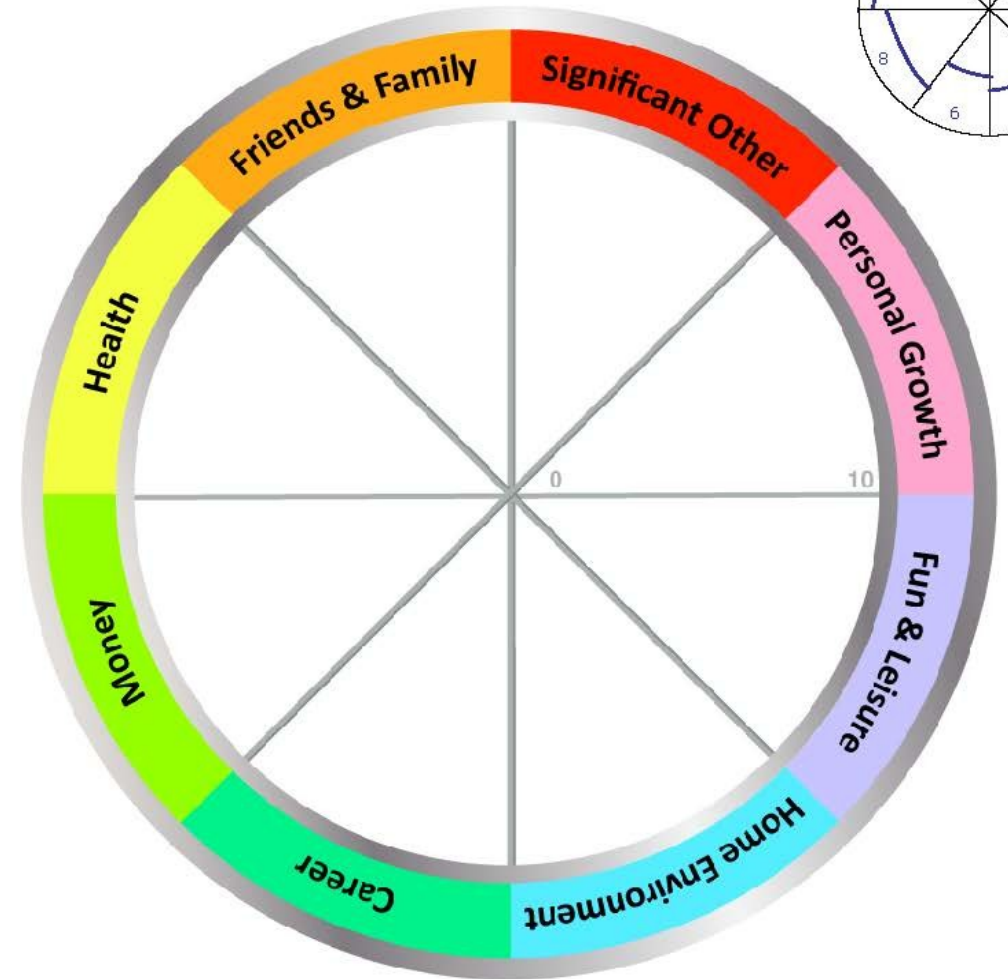
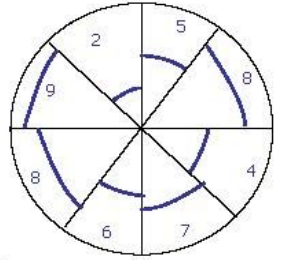


Your Wheel of Life!

YOUR NAME: _____

TODAY'S DATE: _____

EXAMPLE





DISCUSSION ON BALANCE

TOOLS TO MAINTAIN BALANCE IN YOUR LIFE

PERSON GROWTH

**I hope I
never stop
learning and
growing
into ME.**



JOURNALING



- ❖ To express emotions
- ❖ To write down thoughts
- ❖ To capture “aha moments”
- ❖ To look back and see how much you’ve grown

Spiral Notecards

- ❖ Quotes from CoDA literature
- ❖ Quotes/ideas from CoDA books
- ❖ Bible verses
- ❖ Daily meditation readings
- ❖ Self-help books
- ❖ Suggestions from my sponsor
- ❖ Suggestions from CoDA friends
- ❖ Knowledge from CoDA groups and events

“NOTE TO SELF”

TOOLS TO MAINTAIN BALANCE IN YOUR LIFE

HEALTH/SELF CARE

**What do you
do for you?**





FAMILY AND FRIENDS

TOOLS TO MAINTAIN BALANCE IN YOUR LIFE

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SPOUSE/SIGNIFICANT OTHER



I CHOOSE...

to live by choice, not by chance;

to make changes, not excuses;

to be motivated, not manipulated;

to be useful, not used;

to excel, not compete;

I choose self-esteem, not self-pity.

**I choose to listen to my inner voice,
not the random opinions of others.**

Miranda Marrott



*“Let today be the day you
give up who you’ve been
for who you want to be.”*

THANK YOU!

I hope you choose to live intentionally!