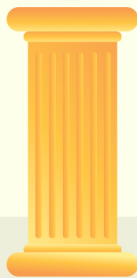
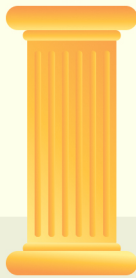


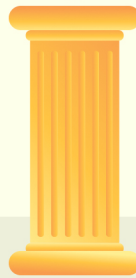
# THE FOUR CORNERSTONES OF A ROCK-SOLID RECOVERY FOUNDATION



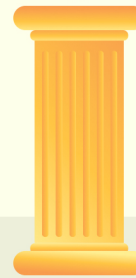
SELF  
REFLECTION



DIET &  
EXERCISE



SPIRITUALITY



NEW FRIENDS  
& HOBBIES

## LIFESTYLE CHANGES

BUILDING BLOCKS THAT SUPPORT A STRONG RECOVERY  
PICK AS MANY AS NEEDED

- ✓ ACCOUNTABILITY PARTNER
- ✓ THERAPY
- ✓ MEDITATION/PRAYER
- ✓ REHAB
- ✓ VOLUNTEERING
- ✓ CELIBACY
- ✓ GOD
- ✓ INTENSIVE OUTPATIENT MEETINGS
- ✓ RELOCATION
- ✓ 'WORK THE STEPS'
- ✓ NEW PHONE NUMBER
- ✓ GRATITUDE LIST
- ✓ 12-STEP MEETINGS
- ✓ COUNSELING
- ✓ SOBER LIVING HOUSE
- ✓ YOGA
- ✓ NUTRITION
- ✓ SUPPORT SYSTEM