

MY PERSONAL SOBRIETY BLUEPRINT

I. THE FOUR CORNERSTONES

1	SELF REFLECTION	<hr/> <hr/>
2	DIET	<hr/> <hr/>
	EXERCISE	<hr/> <hr/>
3	SPIRITUALITY	<hr/> <hr/>
4	NEW FRIENDS	<hr/> <hr/>
	HOBBIES	<hr/> <hr/>

II. MY GRATITUDE / BLESSINGS LIST

MY PERSONAL SOBRIETY BLUEPRINT

III. PERSONAL TRIGGERS LIST

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IV. NEGATIVE LIST

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V. ACCOUNTABILITY PARTNER

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VI. LIFE & RECOVERY GOALS (1-5 YEARS)

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VII. THE NO LIST

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