

DAILIES

Worksheet

Real recovery work is as much or more about *building the life you want* as it is stopping a bad behavior. One of the primary tools that we use to cultivate the heart of the humble warrior in recovery is Dailies. This skill is the primary vehicle to building and growing into the life that you want.

The concept of dailies is *the skill of being committed to developing the habit of pursuing and experiencing connection with our true selves, healthy passions, and purpose on a regular basis*. In essence, you are trying to form the habit of going on a daily quest to have an emotional experience with your best self.

You do not need to do the exact same things every day, rather you need to be committed to doing some things in the right areas of life each day. Below are listed a few categories that may be a good starting place for coming up with some possible activities that may be useful to consider when choosing your daily quest. In the space below each question list some ideas about how you might seek to connect to your own best self. Be as thorough as possible and commit to engaging in some of these things each day.

An old Cherokee is teaching his grandson about life. **"A fight is going on inside me,"** he said to the boy. **"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."** He continued, **"The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."** The grandson thought about it for a minute and then asked his grandfather, **"Which wolf will win?"** The old Cherokee simply replied, **"The one you feed."**

- Page 2/3

- Each day make a conscious choice to engage in several of the activities that you have listed above as if your life depends on it, because the life that you dream of actually does!**