

Self-Reflection and Exploration

Finding Purpose · Module 1 of 15

Key Ideas

- Finding Purpose in Recovery
- 1. Foundational Self-Exploration
- 2. Value Identification
- 3. Goal Setting & Vision
- 4. Skill Development
- 5. Community & Service
- 6. Career Exploration
- 7. Spiritual Exploration
- 8. Creative Expression
- 9. Physical Health
- 10. Relationship Building
- The Ongoing Journey

Worksheet — Finding Purpose Worksheet

- Reflection
- Values
- Goals
- Purpose
- Action Plan

Mind Map — Finding Purpose Mind Map

KEY IDEAS**Finding Purpose in Recovery****A Comprehensive Approach to Sustainable Sobriety**

The quest for purpose is critical in achieving long-term sobriety. It's about constructing a fulfilling life where substance dependence is replaced by meaningful existence.

1. Foundational Self-Exploration**Knowing Yourself**

Begin with profound self-reflection. Use journaling to uncover interests, try diverse activities to find what resonates, and analyze past experiences that brought you joy.

2. Value Identification**Your Moral Compass**

Establish a clear value system to guide decisions. Conduct value assessments and align your daily behaviors with these core principles, reassessing them as you grow.

3. Goal Setting & Vision**Charting the Course**

Formulate concrete, achievable goals. Use SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound) and craft a compelling personal vision statement.

4. Skill Development**Growing Competence**

Acquire new skills to enhance self-efficacy. Pursue education, vocational training, or workshops to open new avenues for purpose and independence.

5. Community & Service**Connection & Contribution**

Connect with others and contribute to society. Participate in support groups, volunteer, or mentor others to foster a deep sense of belonging.

6. Career Exploration**Meaningful Work**

Find work that aligns with your values. Explore career paths, seek internships, or develop ventures that leverage your unique experiences and passions.

7. Spiritual Exploration

Deepening Meaning

Address deeper questions of existence. Explore spiritual traditions, mindfulness, or meditation to cultivate a profound sense of connection and purpose.

8. Creative Expression

Artistic Discovery

Use creative outlets for self-discovery. Explore writing, painting, music, or dance as therapy and a way to share your inner world with others.

9. Physical Health

Mind-Body Connection

Cultivate a strong vessel for your purpose. Develop exercise routines, nutritional practices, and holistic health approaches to support overall well-being.

10. Relationship Building

Fostering Connection

Repair and build meaningful relationships. Develop interpersonal skills, engage in reconciliation, and cultivate healthy bonds within the recovery community.

The Ongoing Journey

A Dynamic Process

Finding purpose is dynamic and ongoing. By addressing these domains, you construct a robust framework for a deeply fulfilling life beyond addiction.

WORKSHEET

Finding Purpose Worksheet

Building a Meaningful Life

REFLECTION

Self-Reflection & Exploration

Explore your interests and past joys.

Journaling: Free-write about your interests, values, and passions.

Let your thoughts flow...

Activity Exploration: List 5 new activities to try.

Activity 1

Activity 2

Activity 3

Activity 4

Activity 5

Past Joy Reflection: Recall 3 meaningful experiences.

Experience 1

Why was it meaningful?

Experience 2

Why was it meaningful?

Experience 3

Why was it meaningful?

VALUES

Values Identification

Identify what matters most to you.

- ☐ Honesty ☐ Creativity ☐ Family ☐ Adventure ☐ Learning ☐ Spirituality ☐ Friendship
☐ Health ☐ Success ☐ Compassion ☐ Independence ☐ Stability ☐ Fun ☐ Respect ☐ Growth

Select up to 5 values above.

GOALS

Goal Setting

Set 3 SMART goals for the next 6 months.

Goal 1

Goal statement

Specific steps to achieve it...

Goal 2

Goal statement

Specific steps to achieve it...

Goal 3

Goal statement

Specific steps to achieve it...

PURPOSE

Purpose Statement

Combine your reflections to craft your mission.

"In my recovery, my purpose is to..."

ACTION PLAN

Action Plan

Immediate steps to align with your purpose.

List 3 immediate actions for this week:

1

Action 1

2

Action 2

3

Action 3

Reflection: How does having a purpose support your recovery?

MIND MAP

Finding Purpose Mind Map

Visualizing Your Journey

My Purpose

In Recovery

Self-Exploration

What have I discovered about myself?

Core Values

What values guide my decisions?

Goals & Vision

What is my vision for the future?

Skills

What new skills am I developing?

Community

How am I contributing to others?

Career

What work brings me meaning?

Spirituality

How do I connect to the greater whole?

Creativity

How do I express myself creatively?

Health

How does my body support my purpose?

Relationships

Who shares my journey?