

DAILY SCHEDULE



Having structure and schedule during early recovery is extremely important. As you begin to build a life without the substance that you are attempting to abstain from, you will be pulled into old habits. Therefore, a daily agenda will increase your intentionality and consistency while developing new habits and routine. Writing your schedule down increases in 40% the chances to successfully follow through.

At the end of the day reflect on the successes (or what you did right) of the day and prepare for the next day using the following prompts.

Adjust as needed.

Week #	Agenda
Today's Date:	7 am
Return to use (Yes/No)?	
Relapsing signs (Yes/No)?	8 am
Attempts to connect (1+):	9 am
	10 am
Self-care (1+):	11 am
	12 pm
Recovery services (1+):	1 pm
	2 pm
New thing to try (1+):	3 pm
	4 pm
End of the day reflection	
Feelings:	5 pm
Gratitude:	6 pm
Fears:	7 pm
Secrets (could be in code just for your understanding):	8 pm

DAILY SCHEDULE



Must do tomorrow:	9 pm
Positive Affirmations:	10 pm
	11 pm
	12 am