

### Personal Recovery Checklist

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>Twelve Step Meetings and Structured Family Recovery</b>							
Locate Twelve Step meetings nearby							
Choose & attend a home group							
Choose & work with a Twelve Step sponsor							
Learn about & engage in service work							
Work the Twelve Steps with a sponsor							
Engage in Twelve Step fellowship							
Attend a weekly SFR meeting							
Complete weekly SFR assignment							
Contact accountability partner							
Identify recovery triggers							
Engage in team sharing							