

Daily Support Structure

A Simple Framework for Each Day

Date: _____

Morning: Setting the Day

Before the day gets busy, take five minutes to ground yourself.

Today's Intention

What do I want to focus on today? (Keep it simple—one thing is enough.)

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Three Things I'm Grateful For

Even small things count—a warm cup of tea, a good night's sleep, someone who cares.

1.	
2.	
3.	

Morning Checklist

- Took a moment to pause and breathe
- Read something supportive
- Connected with my Higher Power/quiet reflection
- Planned one recovery action for today

Throughout the Day

HALT Check

When you feel off, check if you're: **Hungry, Angry, Lonely, or Tired**. These states can make us vulnerable.

Hungry? → Eat something nourishing
Angry? → Pause, breathe, talk to someone
Lonely? → Reach out, even just a text
Tired? → Rest if you can, or plan early sleep

Quick Connection Log

Who did you connect with today? (Sponsor, friend, meeting, online group?)

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Evening: Nightly Inventory

This isn't about being hard on yourself. It's about honest reflection so you can keep growing.

What Went Well Today?

Celebrate your wins, no matter how small. Did you stay sober? Did you help someone? Did you make it through a hard moment?

What Was Difficult?

Name it without judgement. Understanding our struggles helps us prepare for tomorrow.

Do I Owe Anyone an Apology or Amend?

- No, I'm at peace with my actions today

- Yes, I need to make right with: _____

One Thing for Tomorrow

What's one small thing you can do tomorrow to support your recovery?

"Progress, not perfection."

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One day at a time. You're doing it.