



Recovery Roadmap

This is a companion guide that is meant to be used along with episode 17 of The Sober And Happy Podcast. That episode can be found here:

https://soberandhappy.com/sahpodcast17_yourrecoveryroadmap/

The first step is determining your destination. Where do you want your life of recovery to lead you? This is about finding your purpose or your “why”. If you are having trouble determining this, episode 2 of the podcast covers that in detail. But I also find it helpful to answer the below questions. As you are doing that, imagine your ideal life. One that is filled with joy, hope, and excitement. If you are still struggling with imagining that life, you can also start with all the things you are unhappy with about your current life, and imagine what the opposite life would look like.

- What does your new life look like?
- What have you accomplished?
- What type of person are you?
- How do you feel about the person you have become?
- As that person, what kind of mood do you wake up in?

Now draw out your map. Do this visually, like a treasure map you might have seen in a pirate movie. Draw where you are, where you want to be, and a curved, dotted line between you and your destination. Name the journey and write that at the top. Do that in the box below:

A large, empty rectangular box with a thin black border, intended for drawing a map. The box is oriented vertically and occupies most of the lower half of the page.

Once you have your journey laid out, create your happiness statement and write it below. This is why you are doing it. This is the reason you will wake up and decide to face your challenges instead of giving up or delaying your dreams with an endless stream of “tomorrows”. Write that below:

Now I want you to physically draw out what the obstacles will be between you and your destination. What hurdles do you need to jump? What hills do you need to climb? What dragons do you need to slay? I want you to imagine each obstacle as a physical object and draw it out.

Now write down each step it will take to get to your destination.

Within each step you have already written down, now write down what it will take to accomplish it and the obstacles we will face (write all the steps out first before moving on to the obstacles). You should end up with something like the below example:

- Goal:
 - Steps 1
 - Obstacle 1
 - Obstacle 2
 - Step 2
 - etc....

Once we have our entire list, what we should focus on will start to become more clear. Look at your list and decide which first step will be the most important to work on TODAY. Don't number all the steps, because as we go along our journey we will have new insights and perspectives, so what to work on in the second, third, and other steps down the line may change. Right now, just pick the first thing and circle it.

Now, look at the obstacles needed to accomplish that step. Pick one (I suggest starting with the most difficult one) and start on that.

Repeat this process until you complete all the obstacles along the way. Once you have completed the first step, mark your progress on your treasure map and give yourself a high five (do this literally, even try doing it in the mirror).

Look at the remaining steps, and repeat the process. That is it. It seems overly simplistic at times, but that is because changing and growing is simple. Don't overcomplicate the process. Make a goal and take steps to work towards it. Then make a new goal and repeat.