JOURNEY THROUGH THE 4 ELEMENTS

ELEMENTAL RECOVERY



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SUBSTANCE USE DISORDER AND TRAUMA RECOVERY WORKBOOK

Elemental Recovery

A 365-Day Curriculum for Substance Use Disorder and Trauma Recovery

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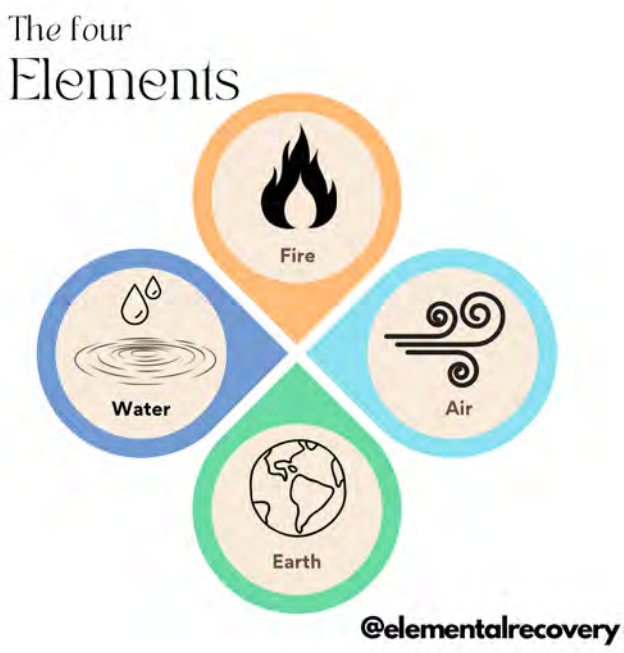
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Introduction to Elemental Recovery



Elemental Recovery has been meticulously designed and centered around the profound influence of the four elements: fire, air, earth, and water, each contributing uniquely to the human experience. Fire, a catalyst of transformation since its discovery, has played a pivotal role in advancing the human species. Its symbolic illumination not only brings light to the darkest corners but also serves as an invaluable tool for enhancing human physical health. Beyond the conventional use for heating and cooking, fire has historically been employed to disinfect wounds, showcasing its multifaceted role in preserving human well-being. As part of the Elemental Recovery Program, participants will engage in activities that harness the transformative energy of fire, fostering a deep connection with this elemental force and its potential for positive change in their lives.

The element of air represents the essence of life itself, embodied in every breath we take. Despite its invisibility, air surrounds us, touching our skin and flowing through our hair, with its power becoming evident when it interacts with the environment. Elemental Recovery encourages participants to explore and embody the profound nature of air through mindful breathing exercises and activities that bring attention to the unseen but impactful force that sustains life. By witnessing the subtle movements of leaves or the gentle ripples on water caused by the wind, individuals can connect with the unseen power of air, fostering a sense of mindfulness and appreciation for the breath that gives us life.

Turning to the elemental embrace of earth, participants in the 12-month Elemental Recovery Program will have the opportunity to immerse themselves in the therapeutic qualities of nature. Grounding exercises, both physical and mental, will allow individuals to interact with the earth, whether through direct contact with soil or through the power of imagination. By spending time in nature, touching the ground, or visualizing serene natural landscapes, participants can experience a profound sense of calm and tranquility. This grounding aspect of Elemental Recovery ensures accessibility to everyone, promoting mental and emotional well-being through a connection with the physicality of the earth.

Finally, water, covering 71% of the Earth's surface, embodies the concept of "flow" and is fundamental to the flourishing of life. Elemental Recovery recognizes the significance of water in human experience, incorporating activities that highlight its balancing power. Participants may engage in experiences near streams, rivers, lakes, or oceans, connecting with the dynamic flow of water and its ability to bring harmony and balance. The program also explores the immense power of water, drawing inspiration from its tranquil presence in bodies of water to the raw energy exhibited in natural phenomena like hurricanes. Through these activities, participants gain a deeper understanding of the power and balance inherent in the element of



water, facilitating an approach to recovery that encompasses both physical and emotional well-being.

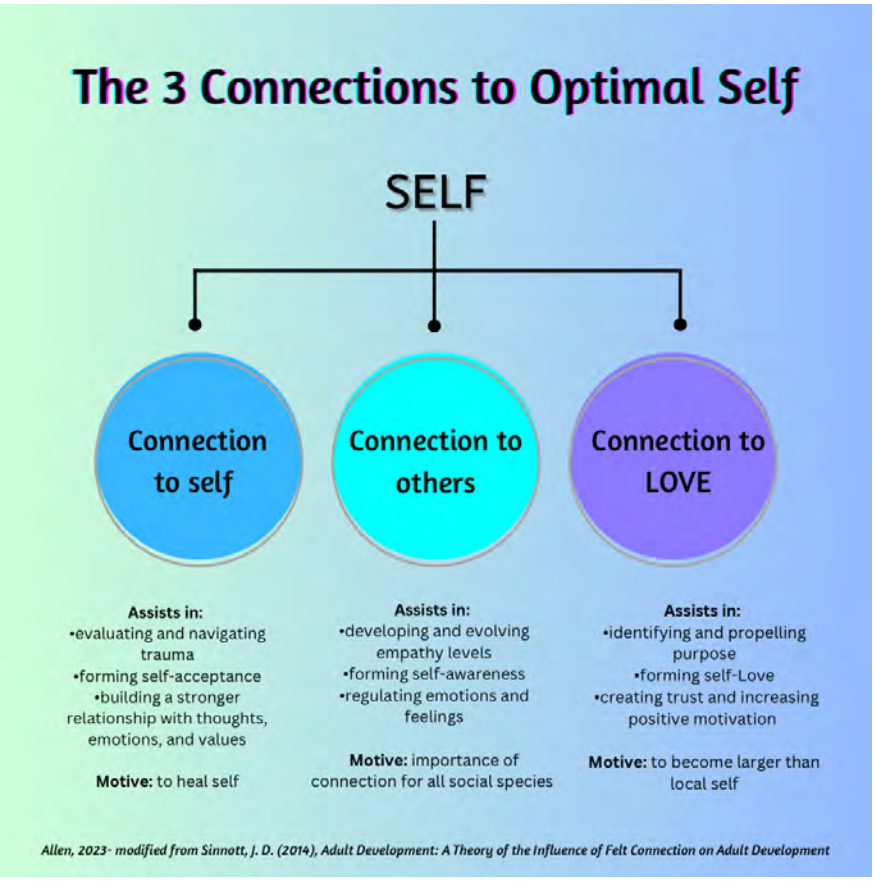
Important Statement from the Elemental Recovery Team:

In Elemental Recovery's 12-month program, we honor the diverse perspectives and individual journeys of each participant. Recognizing the varied cultural backgrounds and personal experiences, we acknowledge that the content presented may resonate differently for each individual. Our modules are designed to inspire self-reflection, cultivate meaningful dialogue, and celebrate the beauty of our differences, fostering personal growth along the way.

As we delve into the transformative journey, it's essential to approach the material with mindfulness and care. Some topics discussed may evoke strong emotions, and we encourage participants to prioritize their well-being. Remember, this program is both finite and infinite, offering flexibility for individuals to revisit modules annually or engage with specific sections or elements as needed, empowering them to embark on their journey of healing at their own pace.

Embrace the journey ahead with openness and enthusiasm, knowing that it holds the potential for profound growth and transformation. Together, let us navigate the depths of our

experiences, honoring the cyclical nature of our personal evolution and celebrating the infinite possibilities for healing and renewal.



The 3 Connections to Optimal Self

The Three Connections to Optimal Self model/ theory, developed and adapted from Sinnott's (2014) Adult Development Theory, A Theory of the Influence of Felt Connection on Adult Development, serves as a guiding framework within Elemental Recovery. One significant modification to Sinnott's model is the redefinition of "Connection with the Transcendent" as "Connection to Love." This adjustment reflects a broader understanding of the transcendent experience, encompassing various interpretations beyond traditional spiritual or religious constructs. According to Sinnott, connecting with the transcendent involves establishing a relationship with something greater than oneself, such as The Great Spirit, the Universe, or God. However, in Elemental Recovery, the concept of love transcends specific spiritual or religious affiliations, encompassing notions like Mother Nature, Creator, Source, Spirit, Oneness, Gaia, Goddess, or simply love itself. This intentional shift in language underscores Elemental Recovery's commitment to inclusivity and affirmation of diverse belief systems, recognizing that spiritual connection is a deeply personal and subjective experience.

This deliberate choice in language aligns with Elemental Recovery's core principle of providing programming that respects and acknowledges the beliefs of all participants. While many traditional recovery and harm-reduction programs utilize terminology like "God" or "Higher Power," Elemental Recovery acknowledges that such language may not resonate with everyone, particularly those who do not identify with Christianity or have experienced religious or spiritual traumas. By adopting inclusive language that allows space for individual interpretations of spirituality, Elemental Recovery seeks to create an environment where all participants feel welcomed and valued.

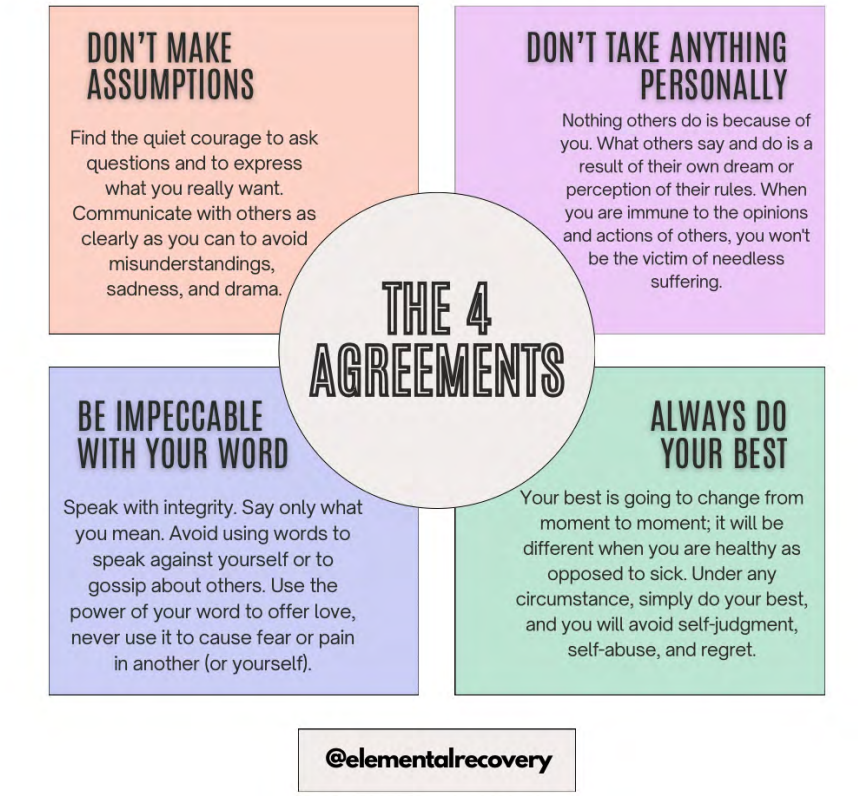
Moreover, Elemental Recovery encourages participants to explore and define their connection to love in a manner that feels authentic and meaningful to them. Through intentional and heart-

centered conversations, individuals are invited to share their beliefs or non-beliefs regarding spirituality, religion, agnosticism, atheism, and the concept of love. These discussions are facilitated with sensitivity and respect, emphasizing mutual understanding and acceptance. Participants are empowered to express themselves openly while also honoring the perspectives of others, fostering a sense of community and belonging.

Within Elemental Recovery, conversations surrounding beliefs or non-beliefs are viewed as integral to the recovery journey. Participants are encouraged to engage in these discussions as a means of deepening their self-awareness and understanding of their personal values. However, it is also recognized that these conversations may evoke discomfort or trigger emotional responses in some individuals. As such, participants are granted the autonomy to choose their level of involvement in these discussions, with the option to opt out or temporarily withdraw from the conversation if needed. This approach prioritizes the well-being and emotional safety of all participants, ensuring that the exploration of spirituality remains a supportive and empowering aspect of the recovery process.

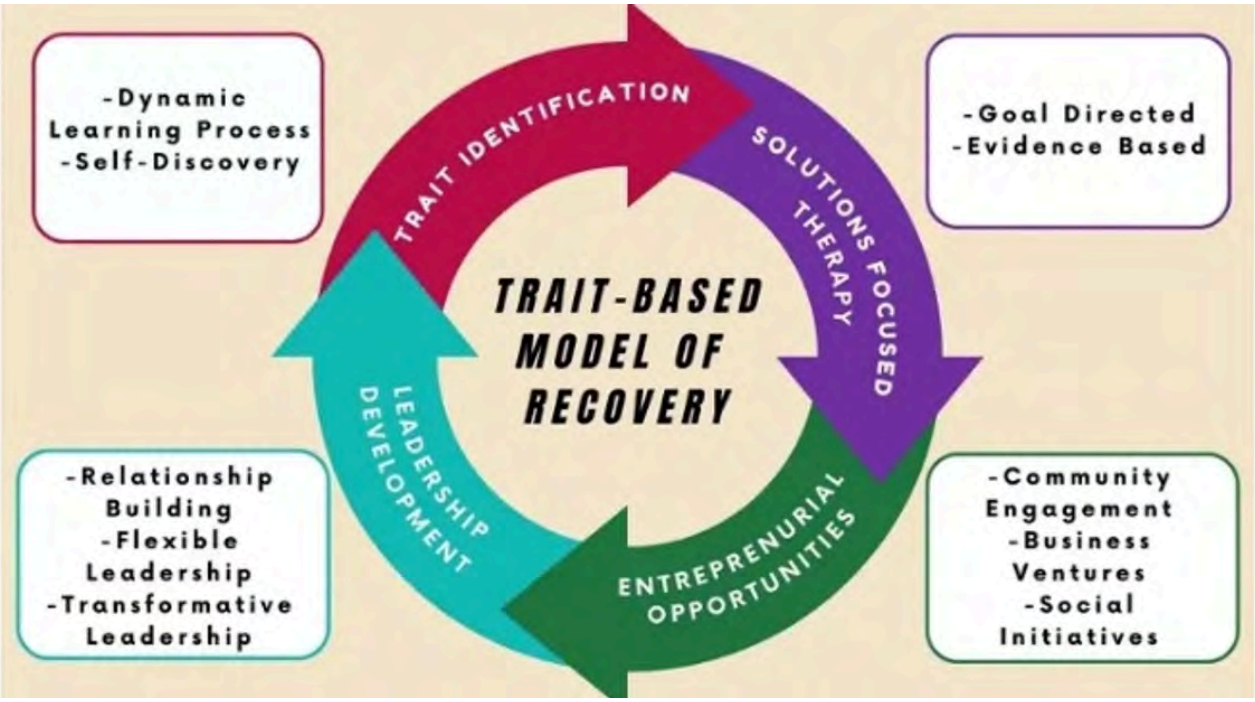
Supplemental Text

Participants will also engage with supplemental materials such as "The Four Agreements" by Don Miguel Ruiz. Ruiz draws inspiration from the beliefs of the Toltec people to craft a book aimed at guiding readers on a journey to explore "freedom," "happiness," and "love." Central to the book's philosophy is the idea that an individual's life is shaped by the agreements they make with themselves, others, love, and society at large. Through a reassessment of these agreements, readers are prompted to reconsider their self-perception, the realm of possibilities in their lives, ideal behaviors, and their intrinsic worth as individuals. Organized around four fundamental agreements—"Be impeccable with your word," "Do not take anything personally," "Do not make assumptions," and "Always do your best"—each chapter provides relevant linguistic and historical context for a comprehensive understanding. The author contends that by embracing these agreements, individuals can forge a path towards to a happier and more successful life. The book's notable success, with approximately 12 million copies sold in the United States and translated into 52 languages, attests to its widespread impact. Featured in prominent publications and television shows, it has enjoyed long-standing positions on bestseller lists, affirming its enduring popularity.



The Trait-Based Model of Recovery

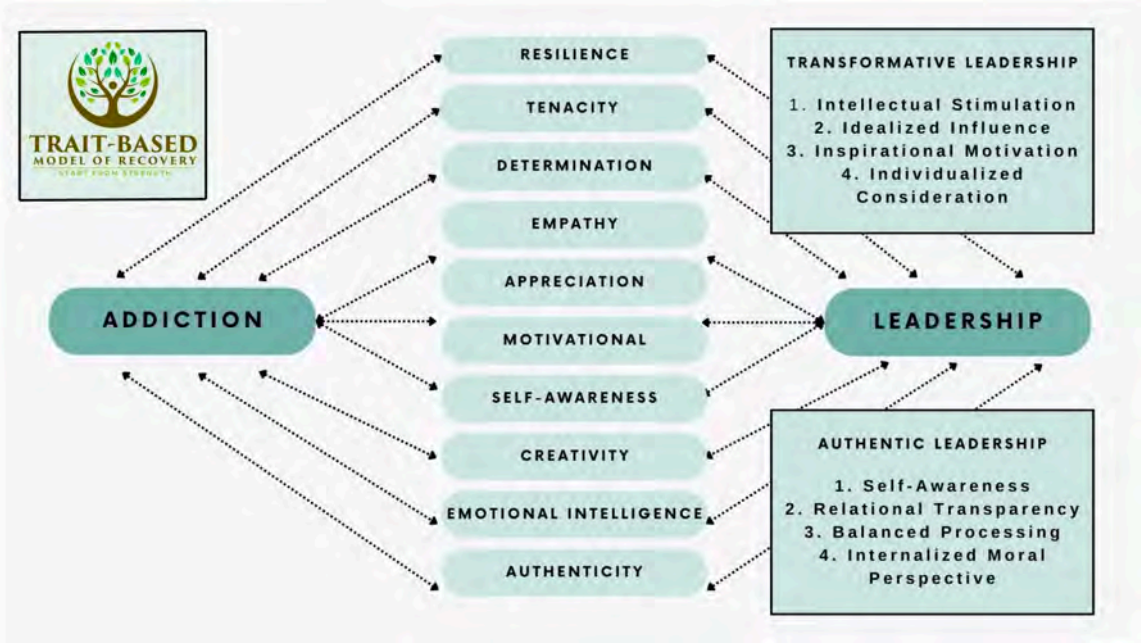
The Trait-Based Model for Recovery stands as a dynamic tool for personal development, particularly within the context of workforce development and leadership. This evidence-based program, underpinned by Dr. Jason Roop's groundbreaking research, recognizes the inherent strengths within individuals with the Substance Use Disorder community, linking them to traits found in high leadership positions. This innovative curriculum provides ongoing benefits by offering participants a nuanced understanding of themselves and their world. Central to its approach is the rejection of the notion that certain aspects of oneself are inherently flawed, emphasizing the need for compassionate self-understanding. By embracing the entirety of one's being, the program fosters self-awareness, forgiveness, and the identification of leadership traits. The accompanying assessment guides individuals in unlocking their unique leadership qualities, paving the way for a positive and authentic self-perception. This holistic and person-centered approach, eliminating shame and stigma, aligns seamlessly with Elemental Recovery's transformative elements, creating a well-rounded leadership development experience.



Dr. Jason Roop, 2023, Start From Strength

The integration of leadership development principles through Elemental Recovery and the Trait-Based Model for Recovery represents a highly valuable asset in the realm of workforce development. By aligning recovery programs with leadership traits, individuals are equipped not only to overcome challenges related to addiction but also to harness and apply these traits in professional settings. The holistic approach of Elemental Recovery, with its focus on the transformative elements of fire, air, earth, and water, contributes to a well-rounded leadership development experience. The Trait-Based Model's emphasis on self-awareness, resilience, empathy, and creativity aligns seamlessly with the qualities sought after in effective leaders.

As participants navigate their recovery journey, they not only develop the tools to overcome personal obstacles but also cultivate the leadership skills necessary for success in the workforce. This synergistic approach fosters individuals' personal growth, resilience, and a heightened sense of purpose, laying a solid foundation for their contributions to a thriving and dynamic workforce. The marriage of recovery principles with leadership development not only enhances individual well-being but also holds the potential to create a workforce characterized by authenticity, empathy, and innovation.



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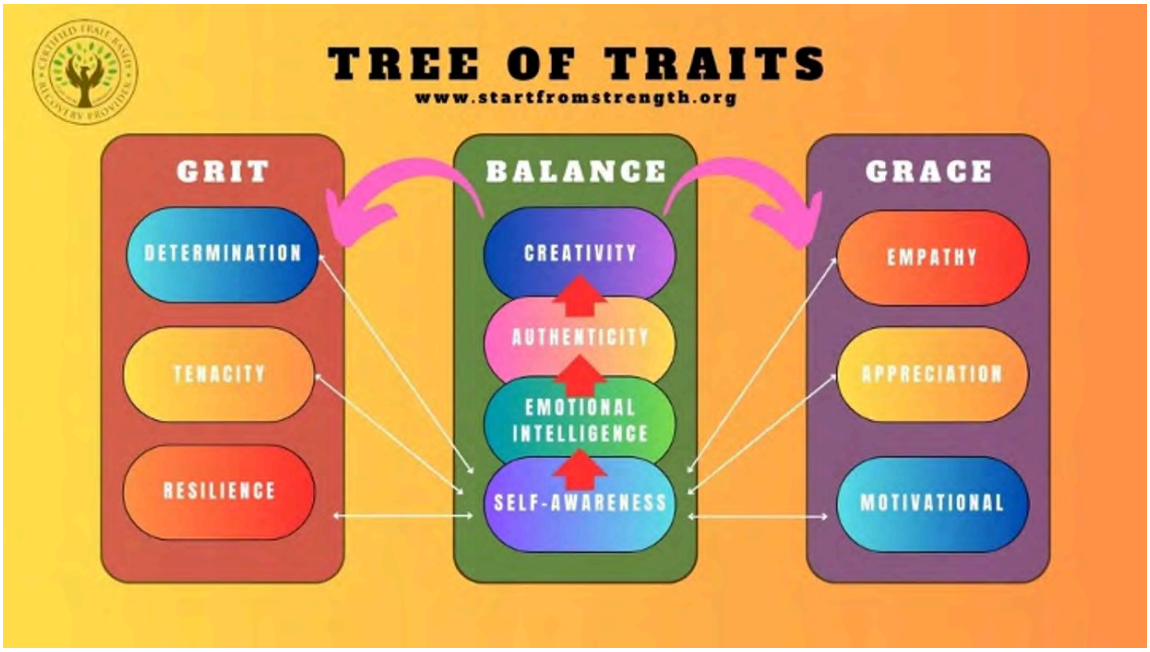
The Tree of Traits, a central framework, organizes the 10 leadership traits to emphasize the importance of balance. Resilience and determination align with 'Grit,' while empathy and motivation find a place in 'Grace.' The central column symbolizes 'Self-Awareness,' a path to equilibrium in case of imbalances. Cultivating self-awareness allows for emotional intelligence, paving the way for authentic self-expression, guided by creativity, even in challenging times.

Exploring the archetypes of the recovery journey, as outlined in the Trait-Based Model, unveils a transformative approach to leadership development. Each archetype—Ruler, Lover, Enchanter, and Champion—offers a unique lens through which individuals can understand and leverage their inherent traits on the path to healing and self-discovery.

The Enchanter archetype, rooted in creativity and transformation, inspires innovation and fresh perspectives. Leaders embodying the Enchanter archetype contribute to an environment of creative problem-solving and personal growth. Embracing this archetype can be a catalyst for overcoming obstacles and fostering a profound journey of self-discovery. Leaders who align with the Enchanter archetype bring innovation and a fresh perspective to their recovery journey, fostering an environment of creative problem-solving and personal growth.

In contrast, the Ruler archetype embodies qualities of leadership, discipline, and control. Those resonating with this archetype seek order and structure in their recovery journey, aspiring to attain a sense of mastery over their challenges. Leaders embracing the Ruler archetype bring a strategic and organized approach to their recovery, setting the foundation for effective decision-making and sustainable progress.

The Champion archetype, characterized by qualities of courage, resilience, and determination, empowers individuals to face adversity with unwavering purpose. Leaders embodying the Champion archetype tackle recovery challenges head-on, motivated by a strong sense of



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purpose and a commitment to conquering obstacles. This archetype cultivates a leadership style that inspires others, fostering a culture of courage and tenacity.

On the other hand, the Lover archetype places emphasis on connection, compassion, and empathy. Leaders resonating with this archetype find strength in building relationships and nurturing a sense of community throughout their recovery journey. The Lover archetype inspires leaders to prioritize the well-being of themselves and others, fostering a supportive and empathetic environment conducive to collective healing.

As individuals explore and integrate these archetypes into their recovery journey, they not only gain a deeper understanding of themselves but also cultivate a multifaceted leadership style. The combination of these archetypes within a person contributes to a holistic and adaptable approach to leadership, bringing forth a workforce characterized by creativity, discipline, resilience, and empathy—essential qualities for fostering a thriving and harmonious work environment.



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Evidence Based Practices

Elemental Recovery represents a transformative 12-month program grounded in the belief that individuals can embark on a journey of healing and post-traumatic growth through a profound connection with the natural world. Our methodology revolves around the integration of evidence-based practices that cater to the holistic well-being of participants, fostering mindfulness-centered healing on physical, emotional, and personally held beliefs. Rooted in a commitment to community, dreams, and passions, Elemental Recovery combines Trauma Responsive Care (TRC), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Peer Support, Motivational Interviewing, the 12-Step Model, Supported Employment Services (SES), Therapeutic Rehabilitation Programming (TRP), Assertive Community Treatment (ACT), Positive Psychology and the Matrix Model. These evidence-based practices

are interwoven with the Trait-Based Model for Recovery, forming a comprehensive framework that addresses diverse facets of the human experience.

- Trauma Responsive Care (TRC): TRC is a comprehensive approach that prioritizes the immediate and long-term well-being of individuals who have experienced trauma. Mindfulness techniques within TRC aim to create a sense of safety and grounding, providing participants with tools to manage overwhelming emotions. Incorporating TRC into daily routines involves mindfulness exercises such as progressive muscle relaxation and body scanning, helping individuals reconnect with their bodies and regain a sense of control. Through these practices, participants can develop resilience, reduce symptoms of trauma, and foster mindfulness-centered healing.

- Supported Employment Services (SES): SES is a evidence-based model designed to assist individuals with mental health challenges in obtaining and maintaining competitive employment. Mindfulness integration within SES involves helping participants develop awareness of their strengths, skills, and career goals. Daily mindfulness practices may include reflection on personal values and aspirations, fostering a deeper understanding of one's professional journey. Mindfulness-centered healing in SES contributes to increased self-confidence, focus, and resilience, creating a supportive framework for individuals to navigate the challenges of the workplace. By incorporating mindfulness into vocational exploration and goal-setting, SES promotes a holistic approach to career development and mental health recovery.

- Therapeutic Rehabilitation Program (TRP): TRP is a holistic approach to mental health recovery that emphasizes skill-building, community integration, and personal growth. Mindfulness-centered healing within TRP involves incorporating mindfulness practices into daily therapeutic activities, such as group discussions and skills training. Mindful awareness exercises may be utilized to enhance participants' ability to regulate emotions and manage stress. By infusing mindfulness into TRP, individuals can develop coping strategies, improve interpersonal relationships, and cultivate a greater sense of self-efficacy. The integration of mindfulness principles into the program contributes to a comprehensive therapeutic experience, fostering mental health recovery and overall well-being.

- Assertive Community Treatment (ACT): ACT is a community-based mental health service model that provides comprehensive and flexible support for individuals with severe mental health challenges. Mindfulness integration within ACT focuses on promoting self-awareness, emotional regulation, and interpersonal skills. Daily mindfulness practices may include group mindfulness sessions, where participants engage in activities like meditation or mindful breathing to enhance their coping abilities. By incorporating mindfulness-centered healing into the ACT model, individuals can gain valuable tools to navigate the complexities of daily life, improve symptom management, and foster a sense of empowerment in their recovery journey.

- Cognitive Behavioral Therapy (CBT): CBT is a widely recognized therapeutic approach that addresses the interplay between thoughts, feelings, and behaviors. In daily routines, individuals can apply CBT through mindfulness by practicing thought observation without judgment. Mindful awareness exercises, such as focusing on the present moment, can aid in challenging and reframing automatic negative thoughts. Incorporating mindfulness-centered healing into CBT promotes self-reflection, empowering individuals to reshape their cognitive patterns and cultivate a more positive mindset.

- Dialectical Behavior Therapy (DBT): DBT combines acceptance and change strategies, with mindfulness as a core component. Daily routines incorporating DBT may include mindfulness practices like "wise mind" exercises, encouraging participants to integrate rational and

emotional experiences. Mindful breathing exercises and observing thoughts non-judgmentally contribute to emotion regulation. The incorporation of DBT into Elemental Recovery supports mindfulness-centered healing by helping individuals navigate and accept their emotions while developing effective coping strategies.

- Peer Support: Peer support involves individuals with shared experiences coming together to provide understanding and encouragement. Within Elemental Recovery, incorporating mindfulness into peer support activities fosters a sense of presence and connection. Group mindfulness sessions may involve practices such as mindful listening, where participants engage fully in understanding each other's experiences. This mindfulness-centered healing approach enhances peer interactions, creating a supportive community that encourages self-discovery and personal growth.

- Motivational Interviewing: Motivational Interviewing explores an individual's motivation for change through collaborative and empathetic conversations. In daily routines, mindfulness prompts within motivational interviewing could involve reflective exercises, encouraging individuals to connect with their values and aspirations. Mindfulness-centered healing through motivational interviewing supports individuals in aligning their daily actions with their personal goals, fostering a sense of purpose and direction.

- Matrix Model: The Matrix model integrates behavioral therapy, family education, and 12-step support in a structured format. Mindfulness-centered healing within the Matrix model involves activities that enhance self-monitoring and return to use prevention. Participants engage in mindfulness practices that heighten awareness of triggers and emotions, empowering them to make conscious choices in their recovery journey. The incorporation of mindfulness into the Matrix model fosters a sense of self-efficacy and resilience, contributing to overall well-being.

- 12-Step Model: Rooted in spiritual principles, the 12-step model provides a structured framework for recovery. Mindfulness practices within the 12-step model may include daily reflections, meditation, or prayer. These activities cultivate mindfulness-centered healing by promoting self-awareness, spiritual connection, and a sense of humility. Engaging in daily practices that emphasize mindfulness allows participants to deepen their understanding of the principles underlying the 12-step model and integrate them into their lives.

Shifting the 12-Steps into Affirmative Statements

In the Elemental Recovery approach, the 12-Step Model has been rephrased to focus on positive affirmations and empowering statements, fostering a mindset of growth and self-compassion. Instead of admitting powerlessness over substance use, individuals affirm their control over their lives and embrace self-understanding. They acknowledge their journey of self-reflection and actively work towards positive change. The steps emphasize belief in oneself and the supportive community, encouraging individuals to explore personal growth and well-being through trust, self-reflection, and mindfulness practices.

Furthermore, the steps promote accountability and responsibility without shame or guilt. Instead of focusing solely on past wrongs, individuals celebrate their successes and acknowledge their ability to make amends and learn from mistakes. They engage in self-reflection and prompt admission of wrongdoing, fostering humility and self-awareness. The

steps also encourage individuals to seek inner peace and understanding through personal practices, embracing self-discovery and growth with gratitude and openness. Ultimately, the steps lead to a spiritual awakening characterized by a sense of wholeness and a desire to share insights and support with others, fostering a community of empathy, growth, and love.

The 12-Steps Rewritten and Reclaimed

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.

- 1. I claim that I am NOW in control of my life and I AM gaining a greater understanding of myself that will lead to positive change.
- I am taking incremental and sometimes small steps as a trauma survivor toward understanding my experiences that have assisted in creating who I currently am. I am now in this present moment to not simply dwell on the past or look to the future, but to focus on the here and now. I am sober, in this moment now. I am present.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

- 2. I believe that a supportive community, along with my own inner strength, can restore me to a life of balance and well-being.
- I am concentrating on creating and being apart of a community that extends their hearts and compassion to me, I also am able to be of service for others. I am learning how to hold space for others through active listening and self-awareness. I am exploring how to love myself in ways I was never taught to love me. I am loved, right now, without having to change anything about me to be loved.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

- 3. I make a conscious decision to explore and embrace healthier ways of coping, understanding that personal growth and positive change are ongoing processes.
- I am aware that I have free will. This free will has at times led me astray from my core self. I now understand that I am empowered to create the changes in my world that not just serve me, but all of humanity. I am finding my way back to myself. I am safe now to be myself.

4. Made a searching and fearless moral inventory of ourselves.

- 4. I conduct thorough and honest self-reflection, exploring my past actions and patterns to better understand myself and my journey.
- I am fully understanding how to live in my integrity while learning more about who I once was and who I desire to be in the future. I look into myself to discover the areas where I have fallen or failed, being reassured in this moment, that I don't have to continue those thoughts, ideas, actions, or behaviors. I am in control of how I decide to heal and grow.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

- 5. I share openly with myself and others the insights gained from my self-reflection, recognizing that vulnerability and openness are keys to growth.
- I am free to express myself. I am now able to witness my journey as a weaving of actions and reactions, sometimes not in mine or others' best interests. I am able to see my mistakes and faults, while knowing that today I can choose to make different choices that lead me to different outcomes. I'm not imprisoned by my past, it's simply

there to teach me, and now I have better skills to navigate through potential challenges, disagreements, or hardships. I am now free.

6. We're entirely ready to have God remove all these defects of character.

- 6. I am entirely ready to let go of destructive habits and thought patterns, working actively toward a more positive and fulfilling life.
- I am free to know at times on my journey I have been hurt, possibly abused, and maybe had no or very little control in those moments. I know now I was simply learning how to survive. I, in return, hurt others and maybe even myself. I am now in control of my journey and take responsibility for my actions, while also forgiving myself. I am now set free to evolve into the highest and best version of myself.

7. Humbly asked Him to remove our shortcomings.

- 7. I continue to explore my personal growth, seeking support and guidance from those who understand my journey.
- I am able to use my voice to create ripples of understanding, hope, and reconciliation. I am seeking to best understand myself, in knowing as I understand myself, I can best understand and support others as well. I am not hiding from connection with others, and instead embrace diverse and varying insights, thoughts, and ideas. I am able to be me while supporting others to be themselves too.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

-
- 8. I make a list of those I have possibly negatively affected or hurt and I am willing to make amends in a thoughtful and constructive manner.
- I am willing to own my mistakes and apologize to those I've hurt on my journey. I am willing to accept apologies from others and to forgive them as well. I forgive myself for the times I missed the mark or fell short. I am gifted with the right words and actions and the best method of delivery of these words and actions so that this person will feel my sincerity and heart. I am forgiven.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

- 9. I make direct amends to such people wherever possible, recognizing the importance of taking responsibility for my actions and promoting healing.
- I am closing the door on some of these relationships and opening the doors to new ones as well. There are other relationships in the middle that I know will take more time and intentional moments of connection and healing to move to closure from the past. I am in a space of non-attachment to the outcome of these potential conversations and opportunities to speak from my heart. I am speaking from my heart and all else will fall into place. I give them grace. I give myself grace.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

- 10. I continue my self-reflection and promptly admit when I am wrong, while also acknowledging and celebrating my successes.
- I am on a true evolution of self. I am aware of my current wrongdoings and swiftly move to an understanding that I can change my actions or behaviors in the future. I make quick amends and continue to build healthy and happy relationships with others. I am able to pat myself on the back and say "good job" in the little moments and the



big moments alike. I am able to lead with humility and kindness, while also owning my skills, gifts, and abilities.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

◦11. I seek through intentional, mindfulness, or personal practices to improve my understanding of myself and to find peace within.

•I am constantly on a journey of self-exploration. I am always investigating, searching, and seeking avenues of how I can be the best version of myself, while simultaneously knowing I am wonderful exactly where I am in this moment now. I am grateful that I have the ability to go where my heart guides me. I am safe to believe what makes me feel safe, supported, and loved. I am in a space where I get to learn and grow from others without judgement, and in return, they learn and grow from what I share. I am growing and learning in every moment.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

◦12. Having experienced positive change, I actively seek to share my insights and support with others on their journey, fostering a community of growth and well-being.
•I am honored that I get to be myself and to share my experiences, wisdom, stories, growth points, and thoughts openly. I am grateful that others share and that I've learned how to hold space for them. I am holding space by actively listening with an intentional and open heart. I am happy I learned that coming into my own wholeness is my biggest asset. I am not just simply surviving, I am truly thriving. I am love.

THE FOUR COMPONENTS OF EMOTIONAL INTELLIGENCE

Emotional intelligence, often referred to as EQ (Emotional Quotient), is a crucial skill set that encompasses four core competencies. These competencies collectively enable individuals to recognize, understand, and manage their own emotions and those of others, fostering effective communication, decision-making, and relationship-building skills. The four components of emotional intelligence are: self-awareness, self-management, social awareness, and relationship management.

1. Self-awareness:

Self-awareness is the foundation of emotional intelligence. It involves the ability to recognize and understand one's own emotions, thoughts, and values. Individuals with high self-awareness have a keen understanding of their strengths, weaknesses, and emotional triggers. They are attuned to their feelings and can accurately assess how their emotions influence their thoughts and behaviors. Self-awareness enables individuals to develop a deeper understanding of themselves, leading to greater personal insight and growth. It is the first step towards effective emotional regulation and interpersonal skills.

2. Self-management:

Self-management refers to the ability to regulate and control one's emotions, impulses, and behaviors. It involves staying composed and resilient in the face of challenges, managing stress effectively, and maintaining a positive outlook. Individuals proficient in self-management can adapt to changing circumstances, remain calm under pressure, and make rational decisions even in emotionally charged situations. They demonstrate self-discipline and can delay gratification to pursue long-term goals. Self-management empowers individuals to channel their emotions productively, leading to improved performance and well-being.

3. Social awareness:

Social awareness involves the ability to understand and empathize with the emotions and perspectives of others. It entails being attuned to social cues, recognizing nonverbal signals, and demonstrating empathy towards others' experiences. Individuals with high social awareness have a strong sense of compassion and can navigate social interactions with sensitivity and tact. They are skilled at recognizing the dynamics of group dynamics and can adjust their communication style accordingly. Social awareness fosters effective interpersonal relationships and collaboration, leading to enhanced teamwork and cooperation.

4. Relationship management:

Relationship management is the ability to build and maintain positive relationships with others. It involves effective communication, conflict resolution, and interpersonal skills. Individuals proficient in relationship management can establish rapport, inspire trust, and resolve conflicts constructively. They are adept at managing diverse personalities and can adapt their approach to meet the needs of different individuals. Relationship management fosters mutual respect, cooperation, and collaboration, leading to stronger and more fulfilling personal and professional relationships.

Elemental Recovery Program Methodology

Dr. Ryan Joseph Allen, through his studies and research as Xavier University, was able to explore post-traumatic growth, with a focus in religious trauma. These studies led to the exploration as to what impacts those in the SUD community, and how those resources may be unaccessible or tailored to fit a religious narrative leaving a large population feeling isolated. Elemental Recovery, centered on the principles of post-traumatic growth and positive reinforcement, aims to create a transformative journey for individuals on the path to recovery. Post-traumatic growth, a concept rooted in the idea that individuals can emerge stronger and

more resilient after facing adversity, becomes a guiding philosophy within Elemental Recovery. The program acknowledges that the journey towards recovery is an opportunity for individuals to cultivate newfound strengths, fostering a positive and empowered self-perception.

Mindfulness practices are integral to Elemental Recovery, serving as a cornerstone for personal development and healing. Through mindfulness, individuals engage in a heightened awareness of the present moment, cultivating a sense of clarity and connection with themselves. This intentional focus on the here and now allows participants to navigate the complexities of recovery with a grounded and centered mindset. Mindfulness not only enhances emotional regulation but also fosters a deep understanding of the interconnectedness between mind, body, and spirit, offering valuable tools for coping with trauma and facilitating post-traumatic growth.

Positive reinforcement is intricately woven into Elemental Recovery's fabric, recognizing the importance of affirming and celebrating progress along the recovery journey. By emphasizing the strengths and accomplishments of individuals, the program aims to create a positive feedback loop that reinforces adaptive behaviors. This approach fosters a sense of agency and self-efficacy, empowering individuals to overcome challenges and cultivate a positive mindset. Positive reinforcement within Elemental Recovery serves as a catalyst for post-traumatic growth, encouraging participants to see setbacks as opportunities for learning and personal development.

In the pursuit of recovery, Elemental Recovery recognizes the significance of life-balance as a fundamental component of holistic well-being. The program emphasizes the integration of mindfulness practices not only as tools for managing stress and trauma but also as anchors for maintaining balance in various aspects of life. This intentional focus on life-balance helps individuals create a sustainable and fulfilling recovery journey. Elemental Recovery sees balance as a key element in fostering post-traumatic growth, allowing participants to rebuild their lives with a sense of harmony and purpose.

Workforce development stands as a pivotal facet of Elemental Recovery's comprehensive methodology within the Substance Use Disorder (SUD) community. The program, characterized by its transformative elements—Fire, Air, Earth, and Water—serves not only to facilitate personal growth but also to endow participants with instrumental skills for professional triumph. The embodiment of the Fire element inspires individuals to explore personal passions, fostering creativity and the formulation of dreams. When integrated into one's identity, these qualities substantially contribute to a heightened sense of purpose and direction in the professional realm. Engaging in fiery movements, breath-work, and expressive arts not only cultivates resilience but also nurtures essential communication skills critical for success in the workplace.

Air Embodiments further enrich workforce development by underscoring the significance of transparent communication, movement, and breath-focused practices. Participation in activities such as dance, yoga, and running not only enhances physical well-being but also nurtures a disciplined and focused mindset—attributes seamlessly transferable to diverse work environments. The inherently unblock-able nature of air serves to cultivate adaptability, a crucial skillset in professional contexts. Transparent communication and the sharing of insights contribute significantly to the development of interpersonal skills, which are indispensable for the cultivation of effective and supportive professional relationships. The Air element, in this way, guides participants toward becoming adept communicators and collaborators within the workforce.

Earth Embodiments assume a central role in workforce development by instilling qualities of stability, support, and groundedness. Undertaking a supportive and nurturing role within the

recovery community translates into attributes highly coveted in team-based work environments. The embodiment of Earth involves practical activities such as preparing nutritious meals and fostering a connection to nature, promoting overall well-being and instilling a sense of responsibility and reliability—traits contributing to a positive work ethic. Earthly elements, including grounding energy and the encouragement of adventurous endeavors, shape participants into dependable and resilient individuals poised for success in professional settings. The deliberate integration of Earth's qualities into the recovery journey equips participants with the requisite skills and mindset essential for achievement in the workforce.

As the pulsating heart of the recovery journey, Water embodiment makes a substantial contribution to workforce development by nurturing inspiration, emotional expression, and positive collaboration. Participants, embodying the role of inspiration, authentically express emotions, thereby fostering a transparent and supportive community. Being in the flow of receiving, acknowledging abundance, and stewarding the communal space further contribute to the fluid and wise nature of Water. Activities such as embracing creativity and connecting with the spirit of Water through practices like bathing symbolize the dynamic and inclusive aspects of Water embodiments. The integration of these elemental practices provides participants with a holistic and multifaceted approach to workforce development, addressing diverse aspects of personal growth, healing, and interconnectedness within the Elemental Recovery community.

Integrating the Elements into Elemental Recovery

Elemental Recovery uniquely weaves together evidence-based practices with the transformative power of the four elements—fire, air, water, and earth—through the lens of mindfulness. The integration of Trauma Responsive Care (TRC), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and other evidence-based practices is harmoniously aligned with the elemental framework.

The element of fire serves as a powerful metaphor and therapeutic medium, embodying the principles of transformation and illumination. Mirroring the Trauma Responsive Care (TRC) approach, fire represents the crucible in which individuals undergo a process of profound change. Mindfulness practices associated with fire empower participants to face the intense heat of their trauma, fostering resilience and self-awareness. Much like the flame that illuminates the darkness, TRC within the fire element brings light to the shadows of past experiences, allowing individuals to navigate the complexities of their trauma with newfound clarity. Through mindfulness-centered healing, Elemental Recovery harnesses the transformative energy of fire, guiding individuals towards a path of healing and post-traumatic growth.

Air, representing the essence of breath and life, parallels the principles of CBT and DBT integrated into Elemental Recovery. The mindfulness lens invites individuals to engage with their thoughts and emotions, observing them without judgment. By breathing life into the therapeutic journey, air becomes a guiding force in cultivating cognitive restructuring and emotional regulation. Participants learn to harness the power of their breath to navigate challenges, promoting a sense of clarity and balance within the recovery process.

Water, embodying the concept of flow and adaptability, aligns with the fluidity inherent in Peer Support and Motivational Interviewing. The mindfulness practices associated with water encourage individuals to connect with the fluidity of their emotions and relationships. By immersing themselves in the supportive currents of peer interactions, participants can gain

valuable insights into their recovery journey. The ebb and flow of water become metaphors for the evolving nature of personal growth and positive change.

Earth, representing stability and grounding, corresponds to the foundational aspects of the 12-Step Model and the Matrix Model. Mindfulness practices related to earth invite individuals to connect with the stability of the present moment, fostering a sense of grounding and self-awareness. The integration of earth elements within Elemental Recovery offers participants a solid foundation upon which to build their recovery journey. By incorporating mindfulness into the practices associated with earth, individuals find stability, support, and a renewed sense of purpose in their path to healing.

Embarking on the transformative journey of Elemental Recovery is a deliberate and mindful process that involves the profound embodiment of the four elemental forces: Fire, Air, Earth, and Water. Each element presents a unique set of practices that participants seamlessly integrate into their recovery experience, serving as powerful symbols for distinct facets of personal growth and healing.

In the realm of Fire Embodiments, individuals explore their personal passions, igniting creativity and initiating the formulation of dreams for substantial personal growth. The embodiment of fire encourages participants to cultivate trust within themselves and the recovery process, engaging in dynamic movements such as breath-work, dynamic yoga flows, and expressive arts. Symbolic practices like wearing the color red, sun gazing, and candle concentration exercise signify the transformative power of fire, while practices like burning negative experiences contribute to a process of purification. The Fire element creates an environment that fosters open communication, the expression of emotions, and the sharing of experiences within the recovery community.

Fire Embodiment Examples:

(1) Exploration, Expression, and Activation of Passions: Engage in activities that explore personal passions and ignite creativity.
(2) Beginning to Formulate Dreams: Initiate the process of setting and forming dreams for personal growth.
(3) Next Level Trust Activation: Cultivate a heightened level of trust within oneself and the process.
(4) Fire Breath, Spicy Yoga Flow, and Other Fiery Movements: Practice fire breath, dynamic yoga flows, and other movement activities to activate the fire element.
(5) Art & Creativity: Express creativity through various art forms, aligning with the transformative nature of fire.
(6) Sun Exploration (First Light & Dawn) and Singing to the Fire: Connect with the sun's energy during sunrise and engage in singing practices to honor the fire element.
(7) Connecting with the Fire in One’s Beating Heart: Utilize breath exercises and visualization to connect with the inner fire within.
(8) Wearing Red: Symbolize the fire element by incorporating the color red into daily attire.
(9) Burning, and Releasing Past Negative Experiences, Thoughts, Ideas: Identify and transform negative experiences through burning and releasing practices. *For example: Writing a letter to yourself, or someone else voicing any past/present feelings and once written burn the paper safely and release the experiences that were written.
(10) Transforming Blockages and Resistances: Work on transforming obstacles and resistance, aligning with fire's purifying nature.

(11)Connecting, Feeling, and Sharing as Fire: Actively engage in open communication, expressing emotions, and sharing experiences.

Moving to the realm of Air Embodiments, participants embrace the essence of communication, movement, and breath. Engaging in various forms of self-expression, including dance, yoga, and running, aligns individuals with the airy nature of the element. Breath-focused practices, meditation, and transparent communication foster an unblock-able flow, while activities like singing, listening to wind chimes, and spending time outdoors in the wind connect participants to the light and free-flowing qualities of air. The Air element encourages individuals to be attentive to messages in nature, express desires, and contribute to the fluidity and openness associated with the element.

Air Embodiment Examples:

(1) Communication: Engage in open communication through various means, including verbal expression, writing, and sharing.
(2) Movement, Dance, Yoga, Running: Incorporate physical activities like dance, yoga, and running to embody the element of air.
(3) Breathing Practices, Mindfulness, and Meditation: Participate in breath-focused practices and meditation to align with air's essence.
(4) Sharing Insights and Experiences: Contribute thoughts, insights, and daily updates to the communal space.
(5) Transparent and Unblock-able Nature of Air: Embrace transparency and address any blocks, allowing for free-flowing communication.
(6) Singing, Whistling, Listening to Wind Chimes: Engage in musical activities that resonate with the airy theme, such as singing and listening to wind chimes.
(7) Being Outdoors in the Wind: Spend time outdoors, particularly in windy environments, to connect with the air element.
(8) Watching Birds, Butterflies, and the Wind in the Trees: Observe natural elements associated with air, such as birds, butterflies, and the movement of trees.
(9) Connecting to Feathers: Establish a connection with feathers, symbolic of air's light and free-flowing nature.
(10) Listening and Communicating Messages: Be attentive to subtle messages, knowledge, and wisdom conveyed by air.
(11)Holding One's Sacred Breath: Practice breath-holding exercises as a mindful acknowledgment of the air within.
(12)Communicating Wishes and Desires: Express personal wishes and desires both to oneself and the universe.

Embodying the Earth element involves assuming a supportive and nurturing role within the recovery community, grounding all elements in unity. Participants spend time in nature, receive and deliver messages from the natural world, and connect with indoor and outdoor plants, symbolizing the nurturing qualities of Earth. Practical activities such as enjoying a mud mask and preparing nutritious meals integrate participants with earthly elements. Earth embodiments include fostering stability, providing support, and encouraging adventurous endeavors, contributing to the grounded and resilient nature of the community.

Earth Embodiment Examples:

(1) 1. Embodying Being a Parent, Guardian, or Caregiver: Assume a supportive and nurturing role, akin to a parent, within the Elemental Recovery community.

(2) Grounding and Anchoring in Unity: Serve as a stabilizing force, anchoring all in a unified and cohesive manner.
(3) Spending Time in Nature: Immerse oneself in natural surroundings, fostering a deeper connection to the earth element.
(4) Receiving and Delivering Messages from Nature: Act as a conduit for nature's messages, receiving insights and sharing them within the community.
(5) Grounding Visions and Dreams: Contribute to grounding and manifesting collective visions and dreams.
(6) Connecting to Indoor and Outdoors Plants: Establish connections with both indoor and outdoor plants, embodying the nurturing qualities of earth.
(7) Enjoying Putting your Hands in the Dirt/Soil: Engage in activities that involve earthy elements, such as gardening, agriculture, landscaping, or even applying a mud mask.
(8) Preparing and Eating Nutritious Food: Focus on nutrition, preparing and consuming wholesome meals to support overall well-being.
(9) Practicing Mindfulness and Grounding Energy: Share in the grounding energy to foster stability and resilience.
(10) Being the Connection of Support: Serve as a central connection point, providing support and encouragement to fellow participants.
(11) Providing Encouragement and Being Adventurous: Offer encouragement and embody a spirit of adventure, inspiring others to step out of their comfort zones.

Water, as the heartbeat of the recovery journey, represents inspiration, emotional expression, and positive light. Participants embody the role of inspiration and express genuine emotions and reflections, fostering a transparent and supportive community. Being in the flow of receiving, acknowledging abundance, and stewarding the communal space contribute to the fluid and wise nature of Water. Embracing creativity, connecting with the spirit of Water through activities like bathing, and remaining open to receiving love and support symbolize the dynamic and inclusive aspects of Water embodiments.

Water Embodiment Examples:
(1) Embodying Inspiration and Positive Light: Serve as a source of inspiration and positive energy, illuminating the path for fellow participants.
(2) Expressing Emotions and Thought Reflections: Authentically express emotions and reflections, contributing to a transparent and supportive community.
(3) Authentic Gratitude Expression: Express genuine gratitude for the journey and the collective efforts of the Elemental Recovery community.
(4) Receiving All Abundance and Blessings: Openly receive and acknowledge the abundance and blessings attained during the recovery process.
(5) Sharing How Receiving Feels: Communicate personal experiences of receiving and the impact on one's journey.
(6) Being in the Flow of Receiving and Being Celebrated: Embrace the flow of receiving and allow oneself to be celebrated by the community.
(7) Realizing One’s Dreams and Openly Sharing Manifestations: Actively pursue and realize personal dreams, sharing manifestations openly with the community.
(8) Expressing One’s Authentic Self: Embrace and express one's authentic self, contributing to a diverse and inclusive community.
(9) Honesty and Transparency: Uphold honesty and transparency in communication, fostering trust within the Elemental Recovery community.

(10) Holding the Memory of All Elements and Sharing Wisdom: Carry the collective wisdom of all elements and share insights with the community.
(11) Encouraging the Fulfillment of the Elemental Recovery Program: Inspire and encourage the realization of collective goals and aspirations within the community.
(12) Being Creative and Fluid: Embrace creativity and fluidity in expression, contributing to the dynamic nature of the community.
(13) Connecting to the Spirit of Water: Foster a personal connection to the spirit of Water, utilizing activities like bathing and swimming.
(14) Speaking to One's Dreams Daily: Verbally affirm personal dreams on a daily basis, contributing to a positive mindset.
(15) Remaining Open in One's Heart to Receive: Cultivate an open heart to receive love, support, and positive energy from the community.

The seamless integration of additional evidence-based practices such as Supported Employment Services (SES), Therapeutic Rehabilitation Program (TRP), and Assertive Community Treatment (ACT) provide comprehensive support for participants. Supported Employment Services (SES) becomes a vital aspect of Elemental Recovery, offering individuals opportunities to regain a sense of purpose and stability in their lives. By incorporating mindfulness practices into vocational exploration and goal-setting, SES within the Elemental Recovery Program aims to create a holistic approach to career development and mental health recovery.

Similarly, the Therapeutic Rehabilitation Program (TRP) plays a pivotal role in Elemental Recovery by emphasizing skill-building, community integration, and personal growth. Mindfulness-centered healing is seamlessly woven into TRP activities, such as group discussions and skills training. Mindful awareness exercises enhance participants' ability to regulate emotions and manage stress, fostering a comprehensive therapeutic experience that contributes to mental health recovery and overall well-being.

Assertive Community Treatment (ACT) within Elemental Recovery provides flexible and comprehensive support for individuals facing severe mental health challenges. Integrating mindfulness into ACT focuses on promoting self-awareness, emotional regulation, and interpersonal skills. Daily mindfulness practices, such as group sessions involving meditation or mindful breathing, empower individuals to navigate the complexities of daily life, improve symptom management, and foster empowerment in their recovery journey.

The 5 Stages in the Recovery Process

The approach taken by Elemental Recovery is strategically aligned with the five stages of the Recovery Process and the ABC's of addressing trauma – Awareness, Balance, and Connection. Each stage is carefully designed to meet participants at their unique point in the recovery journey:

1. Impact of Illness Stage:

Awareness:

- Participants are introduced to mindfulness practices.
- Mindfulness activities bring attention to the present moment.
- Exploration of current emotional states is encouraged.

Key Emphasis:

- Cultivating awareness becomes foundational for understanding the impact of illness.

2. Life is Limited Stage:

Balance:

- Shift in focus towards establishing balance.
- Integration of Supported Employment Services (SES) and Therapeutic Rehabilitation Program (TRP).
- Creation of stability and purpose through vocational exploration.

Key Emphasis:

- Balance is key in this stage, encompassing stability in both personal and professional aspects.

3. Change is Possible Stage:

Awareness, Balance, and Connection:

- Emphasis on committing to change.
- Integration of Assertive Community Treatment (ACT) to address severe mental health challenges.
- Building awareness, fostering balance, and strengthening connections.

Key Emphasis:

- A pivotal stage highlighting the possibility of transformative change.

4. Commitment to Change Stage:

Awareness, Balance, and Connection:

- Participants engage in practices enhancing awareness.
- Focus on fostering balance and strengthening connections.
- Peer support and ACT become integral components.

Key Emphasis:

- Building commitment involves reinforcing the ABC's – enhancing awareness, fostering balance, and strengthening connections.

5. Actions for Change Stage:

Awareness, Balance, and Connection:

- Emphasis on solidifying positive changes.
- Integration of SES and TRP to facilitate changes in employment and personal growth.

Key Emphasis:

- Execution of actions for change is supported by maintaining awareness, balance, and connections.

ABC's of Addressing Trauma in Elemental Recovery:

The ABC's – Awareness, Balance, and Connection – form a fundamental framework within Elemental Recovery's approach to addressing trauma, by acknowledging the unique needs of individuals at each stage of their transformative journey.

Awareness:

- The first pillar, Awareness, involves cultivating a deep understanding of one's thoughts, emotions, and reactions.
- Mindfulness practices play a crucial role in fostering self-awareness, bringing attention to the present moment and allowing individuals to explore their emotional states.

- Awareness is foundational for recognizing the impact of trauma and initiating the healing process.

Balance:
- The second pillar, Balance, revolves around creating an equilibrium in various aspects of life.
- Elemental Recovery integrates evidence-based practices, such as Supported Employment Services (SES) and Therapeutic Rehabilitation Program (TRP), to establish balance and stability in both personal and professional realms.
- Balance is seen as key to resilience, enabling individuals to navigate challenges with a sense of steadiness and purpose.

Connection:
- The third pillar, Connection, emphasizes building and strengthening relationships as a crucial component of healing.
- Assertive Community Treatment (ACT) and peer support become integral in fostering connections, providing individuals with a supportive community.
- Building and maintaining connections not only aids in overcoming the impact of trauma but also enhances the overall sense of well-being and belonging.

Together, the ABC's framework serves as a guide for individuals on their recovery journey, offering a structured and comprehensive approach to addressing trauma by promoting self-awareness, balance, and meaningful connections.

Trauma-Informed Care in Elemental Recovery:

Trauma-Informed Care, as an integral aspect of Elemental Recovery's organizational culture and practice, shapes the foundation of compassionate support for individuals who have experienced traumatic stress. It goes beyond recognizing the signs and symptoms of trauma; it's about creating an environment that acknowledges the prevalence of trauma, understands its impact, and ensures that all aspects of care are delivered with sensitivity and respect. Elemental Recovery embeds trauma-informed principles into its framework, fostering an atmosphere that promotes safety, trust, and empowerment.

Benefits of Trauma-Informed Care in Elemental Recovery:
- Empowerment and Safety: Trauma-informed care empowers individuals by providing them with a sense of control over their recovery journey. The emphasis on safety, both physical and emotional, creates an environment where participants feel secure and supported.
- Reduced Stigma: Elemental Recovery’s commitment to trauma-informed care helps reduce the stigma associated with seeking mental health support. By understanding the impact of trauma, the program fosters an atmosphere of acceptance and destigmatization.

Trauma-Responsive Care and its Unique Approach in Elemental Recovery:

Building on the foundation of trauma-informed care, Elemental Recovery extends its commitment through Trauma-Responsive Care, tailoring its approach to the unique needs of individuals who have experienced trauma, as well as their caregivers and family units.

Benefits of Trauma-Responsive Care in Elemental Recovery:
- Individualized Support: Trauma-responsive care recognizes the diversity of trauma experiences and tailors interventions to meet individual needs. Elemental Recovery's approach acknowledges that each person's journey is unique, offering personalized support that addresses their specific challenges.
- Family-Centric Approach: Trauma-responsive care extends beyond the individual to encompass their caregivers and family unit. Elemental Recovery acknowledges the interconnectedness of trauma's impact on the family system, offering support and resources that foster healing and resilience for all involved.

In Elemental Recovery, the combination of trauma-informed and trauma-responsive care ensures a comprehensive and tailored approach to healing. By incorporating these principles, the program aims to provide not only effective support for trauma survivors but also a nurturing environment that facilitates a transformative recovery journey.

The Integration of "The Four Agreements" in Elemental Recovery:

Elemental Recovery seamlessly weaves the principles of "The Four Agreements" by Don Miguel Ruiz into its transformative framework. The agreements—be impeccable with your word, don't take anything personally, don't make assumptions, and always do your best—serve as guiding principles, aligning with the elemental focus on fire, air, water, and earth. Each agreement finds resonance with the elements, creating a harmonious synergy that supports participants on their recovery journey.

- **Be Impeccable with Your Word (Fire)**: The commitment to be impeccable with one's word, akin to the transformative power of fire, emphasizes the importance of honesty and integrity. Fire symbolizes illumination and change, and by embodying this agreement, individuals harness the power of truth and authenticity, bringing light to the shadows of their experiences.

- **Don't Take Anything Personally (Air)**: Like the ever-moving air, this agreement encourages individuals to detach from personalizing external events. The fluidity of air teaches the lesson of not being burdened by the opinions and actions of others, fostering resilience and adaptability in the recovery process.

- **Don't Make Assumptions (Water)**: In the same way that water flows and adapts, this agreement encourages participants to approach situations with an open mind. By letting go of assumptions, individuals embrace the fluidity of their emotions and experiences, allowing for a more profound and transformative healing process.

- **Always Do Your Best (Earth)**: Reflecting the stability and grounding nature of earth, this agreement emphasizes the importance of consistent effort. Participants are encouraged to do their best, recognizing that their best may vary from day to day. Earth represents the foundation upon which individuals can build their recovery journey, fostering resilience and personal growth.



The Nine-Alignments:

Elemental Recovery is grounded in nine core alignments that serve as guiding principles for individuals navigating their journey towards healing and growth. These alignments encompass values and practices aimed at fostering a supportive and empowering environment conducive to personal transformation. Each alignment represents a fundamental aspect of the recovery process, emphasizing the importance of love, trust, respect, confidentiality, commitment, communication, clarity, focus, and prudence.

1. LOVE:
Above all else, love serves as the foundational alignment within Elemental Recovery. Participants practice love for themselves and others in all aspects of their journey, nurturing a sense of compassion, acceptance, and understanding.

2. TRUST:
Trust is essential in Elemental Recovery, encompassing trust in the elemental process, trust in others, and trust in oneself. Participants embrace the dreams they are creating and maintain faith in their ability to navigate the challenges of recovery.

3. RESPECT:
Respect is upheld as a core value, guiding participants to approach interactions with reverence and consideration. Individuals prioritize respect for themselves and others, creating a safe and affirming space for sharing experiences and insights.

4. CONFIDENTIALITY:
Confidentiality is paramount in Elemental Recovery, ensuring that participants feel secure in sharing their vulnerabilities and experiences without fear of judgment or disclosure.

5. COMMITMENT:
Commitment underscores the dedication of participants to their personal growth and the recovery process. By staying committed to their journey, individuals honor themselves and their fellow participants.

6. COMMUNICATION:
Effective communication is emphasized in Elemental Recovery, encouraging individuals to express themselves clearly and concisely while also actively listening to others with an open heart and mind.

7. CLARITY:
Clarity in communication and intentionality is valued, promoting honesty, transparency, and authenticity in interactions. Participants strive to speak and listen with wholeness and purpose.

8. FOCUS:
Focus guides individuals in Elemental Recovery to stay present and engaged in their journey, maintaining clarity of purpose and direction amidst distractions and challenges.

9. PRUDENCE:
Prudence encourages individuals to approach their actions and interactions with thoughtfulness and discernment. Participants consider the kindness, truthfulness, and necessity of their words and actions, fostering integrity and mindfulness in their choices.

The 4-Dimensions of Recovery: Health, Home, Purpose and Community

Elemental Recovery has been crafted as a comprehensive, intentional and integrated program, amalgamating diverse components with the overarching objective of nurturing the 4-Dimensions of Recovery: Health, Home, Purpose, and Community. The intricate interweaving of these dimensions establishes a cohesive and synergistic framework for healing, illustrating a nuanced approach that attends to the entirety of the individual's well-being.

In this intricately designed program, the dimension of Health is systematically addressed through the recognition of the inseparable connection between mental and physical well-being. Mindfulness practices, evidence-based therapies, and trauma-informed care are strategically implemented to foster mental resilience and concurrently support physical health through activities promoting self-care. The metaphorical exploration of the four elements—fire, air, water, and earth—adds depth to the understanding of various facets of health, encapsulating transformation, breath of life, adaptability, and stability, respectively.

Simultaneously, the dimension of Home is conceptually anchored in stability and grounding. Elemental Recovery accentuates the importance of cultivating a sense of 'home' within oneself, irrespective of external circumstances. The incorporation of evidence-based models such as the 12-Step Model and Matrix Model, alongside interventions like Supported Employment Services (SES) and Therapeutic Rehabilitation Program (TRP), contributes to establishing a stable foundation for individuals to embark on their transformative recovery journey. The creation of a trauma-informed environment further solidifies the concept of 'home' as a safe and supportive space conducive to healing and growth.

Within the Elemental Recovery program, the pursuit of purpose is regarded as a fundamental aspect of the healing journey. Participants are encouraged to embark on a deeply introspective exploration to unearth their intrinsic motivations, passions, and values. Drawing upon the principles of the Trait-Based Model for Recovery and employing evidence-based practices like motivational interviewing, individuals are guided through a process of self-discovery aimed at illuminating their unique strengths and aspirations. As they progress through the stages of Commitment to Change and Actions for Change, they not only identify their purpose but also actively align their actions with their newfound clarity. Whether it involves rediscovering a forgotten passion or forging a new path forward, each individual is empowered to cultivate a sense of meaning and direction in their recovery journey, thereby fostering a profound sense of fulfillment and agency.

The element of community serves as a pillar of support and togetherness for those facing the challenges of recovery in Elemental Recovery. Elemental Recovery's community provides a supportive atmosphere where people can discover understanding, acceptance, and friendship. By means of peer support initiatives, group activities, and exchange of experiences, participants establish profound connections with individuals who encounter comparable challenges and ambitions. People who have this sense of camaraderie experience a deep sense of validation and belonging, which gives them the strength and tenacity to face obstacles head-on. The community at Elemental Recovery grows stronger and more inspirational as members rely on one another for support and encouragement, reassuring people that they are not alone in their quest for healing.

Week and Day Structure in Elemental Recovery Curriculum:

The Elemental Recovery Curriculum unfolds over a year, guiding participants through four distinct three-month cycles, each dedicated to one of the foundational elements: Fire, Air, Earth, and Water. This intentional progression ensures a deep exploration of the transformative aspects associated with each element. The weekly structure remains consistent, offering participants a predictable yet dynamic framework for their recovery journey.

Monthly Element Focus:

1. Months 1-3: Fire Embodiment

- The initial three months center around the Fire element, emphasizing the exploration of personal passions, creativity, and the formulation of dreams.

2. Months 4-6: Air Embodiment

- The following quarter delves into the Air element, focusing on transparent communication, movement, and breath practices to foster adaptability and disciplined thinking.

3. Months 7-9: Earth Embodiment

- The third quarter revolves around Earth, emphasizing stability, support, and groundedness. Participants assume supportive roles, connect with nature, and engage in practical activities for overall well-being.

4. Months 10-12: Water Embodiment

- The final quarter immerses participants in Water, representing inspiration, emotional expression, and positive collaboration. Activities focus on being receptive, acknowledging abundance, and fostering a fluid and wise approach to life.



ELEMENT OF FIRE

Quarter One Overview

Fire is not merely a physical phenomenon; it embodies a profound symbol of transformation, passion, and renewal. Within the flickering flames lies the potential for both destruction and creation, mirroring the complexities of our own inner landscapes.

Throughout this curriculum, we invite you to embrace the essence of fire as a catalyst for personal evolution and healing. By understanding and embodying the transformative qualities of this element, we can navigate the depths of our trauma and emerge stronger, wiser, and more resilient.

Embracing the Element of Fire in Recovery:

1. Courage to Confront: Fire ignites within us the courage to confront our deepest wounds and darkest fears. Just as flames illuminate the darkness, confronting our trauma with courage allows us to shed light on our pain and begin the journey toward healing.

2. Purification and Release:*Like a cleansing inferno, fire purifies and transforms. In recovery, embracing the element of fire means surrendering to the process of purification, releasing old patterns, beliefs, and emotions that no longer serve us. Through this purging process, we make space for new growth and possibility.

3. Passion and Vitality: Fire is the spark of passion that fuels our innermost desires and drives. In recovery, embodying the element of fire means reigniting our passion for life, reconnecting with our innate vitality, and embracing the full spectrum of our emotions with fierce authenticity.

4. Resilience and Rebirth: Fire teaches us resilience in the face of adversity. Just as a forest regenerates after a wildfire, so too can we emerge from the ashes of trauma, renewed and reborn. By harnessing the transformative power of fire, we cultivate resilience and embrace the opportunity for profound growth and renewal.

ELEMENT OF FIRE

Week 1: Dedication to Self, Others, Love & Recovery

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word
Trait-Based Model of Recovery: Module 1 - Lesson 1

Summary: This week marked the exploration of personal passions, dream formulation, trust-building, dynamic activities, symbolic transformations, fire Practices, and open communication. The transformative power of the Fire element was harnessed to foster dedication to self, others, love, and recovery. This week laid the foundation for a journey guided by passion, purpose, and transparent communication.

Daily Overview:

- **Day 1: Igniting Passion**
  - Identifying and exploring individual passions
  - Rediscovering joy and enthusiasm
- **Day 2: Formulating Dreams**
  - Setting and forming personal dreams
  - Laying the groundwork for a purposeful future
- **Day 3: Trust Activation**
  - Building trust in oneself and the recovery process
  - Cultivating reliability and confidence
- **Day 4: Fiery Movements**
  - Exploring dynamic activities to channel transformative energy
  - Fostering resilience and creative expression
- **Day 5: Wearing the Color Red**
  - Symbolizing personal transformation through attire
  - Reflecting on internal changes and growth
- **Day 6: Fire Practices**
  - Engaging in Practices for personal reflection and purification
  - Deepening connection to transformative energies
- **Day 7: Open Communication**
  - Encouraging transparent dialogue and sharing within the community
  - Fostering empathy, support, and connection



ELEMENT OF FIRE

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 1: Igniting Passion
Subtopic: Connecting with Your Personal Passions
Focus: Today, you will identify and explore your individual passions, igniting the fire within you.
Trait-Based Model of Recovery: Module 1 - Lesson 1

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Engage in an activity that brings you joy and excitement, such as pursuing a hobby or spending time in nature, to reconnect with your personal passions and rediscover enthusiasm. For example, you can take a nature walk, paint, write, or engage in any activity that resonates with your interests and brings you joy

Supplemental Materials:
-Book: Mindful Recovery: A Spiritual Path to Healing from Addiction by Dr. Thomas Bien and Beverly Bien
-Movie/Docu: “Baraka” (1992)** - A visually stunning exploration of humanity's relationship with nature, culture, and spirituality.
-Podcast: Elevation Recovery

ELEMENT OF FIRE

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.





ELEMENT OF FIRE

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 2: Formulating Dreams
Subtopic: Initiating Your Dreaming Process
Focus: You will set and form your personal dreams, laying the foundation for a future guided by purpose and aspiration.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Begin to outline your personal goals and aspirations, jotting down dreams and aspirations to manifest them into reality. Create a vision board, write in a journal, or use visualization techniques to clarify your dreams and aspirations.

Dreaming is a powerful catalyst for growth. By setting and forming your dreams, you embark on a journey of self-discovery and empowerment.

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-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 3: Trust Activation
Subtopic: Cultivating Trust Within Yourself
Focus: Building trust in yourself and the recovery process, fostering reliability and confidence.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Practice trust-building exercises and reflections, such as positive affirmations or journaling, to strengthen your self-trust and belief in the recovery journey. Write affirmations that reflect trust in yourself and your ability to navigate the recovery process, or journal about experiences that have reinforced your sense of trust.

Trust is fundamental in your journey of recovery. By cultivating trust within yourself and the process, you lay a solid foundation for growth and transformation.

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ELEMENT OF FIRE

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 4: Fiery Movements
Subtopic: Engaging in Dynamic Activities
Focus: You will explore dynamic activities like breathwork, yoga flows, or expressive arts to channel the transformative energy of fire.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Participate in a fiery movement practice, such as a yoga session or dance class, to activate the fire within you and foster resilience and creative expression. Follow along with a guided yoga flow video or engage in a dance session to music that uplifts and energizes you.

Dynamic activities promote personal transformation and creative expression. By engaging in fiery movements, you harness the power of fire to cultivate strength and resilience.

Supplemental Materials:
-Book: Mindful Recovery: A Spiritual Path to Healing from Addiction by Dr. Thomas Bien and Beverly Bien
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-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 5: Wearing the Color Red
Subtopic: Symbolizing Your Transformation
Focus: Incorporate the color red into your daily attire as a symbolic expression of personal transformation.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Wear red and reflect on your personal transformation, symbolizing the changes within and embracing the transformative power of fire. Choose clothing or accessories in shades of red and wear them throughout the day, consciously reflecting on the symbolism of transformation and renewal.

The color red symbolizes the transformative energy of fire. By wearing red, you honor your journey of personal growth and reflect on the changes you've undergone.

Supplemental Materials:
-Book: Mindful Recovery: A Spiritual Path to Healing from Addiction by Dr. Thomas Bien and Beverly Bien
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-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 6: Fire Practices
Subtopic: Symbolic Purification
Focus: Engage in fire practices like sun gazing or candle meditation for personal reflection and symbolic purification.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Perform a personal fire Practice, such as sun gazing or candle meditation, to promote reflection and symbolic purification. Set aside dedicated time to create a Honored space, light candles, and engage in a meditation or reflection practice that aligns with the symbolism of fire.

Practices hold symbolic significance in your journey of recovery. By engaging in fire practices, you deepen your connection to yourself and the transformative power of fire.

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-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 7: Open Communication
Subtopic: Embracing Transparent Dialogue
Focus: Encourage open communication, expression of emotions, and sharing experiences within the supportive recovery community.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Engage in open communication within the recovery community, fostering transparency, empathy, and support. Share experiences, insights, or challenges with fellow participants, creating a safe space for open dialogue and connection.

Communication is key in recovery. By embracing transparent dialogue and sharing experiences, you foster connection and support within the community, strengthening your journey towards self-discovery and healing.

Supplemental Materials:
--Book: Mindful Recovery: A Spiritual Path to Healing from Addiction by Dr. Thomas Bien and Beverly Bien
-Movie/Docu: “Baraka” (1992)** - A visually stunning exploration of humanity's relationship with nature, culture, and spirituality.
-Podcast: Elevation Recovery

ELEMENT OF FIRE

Week 2: Releasing What No Longer Serves You

Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Not Making Assumptions
The Trait-Based Model of Recovery : Tree of Traits Module 2 — Lesson 2

Summary: This week, we delve into the transformative power of releasing what no longer serves us. Guided by the element of fire, we embark on a journey of self-reflection and liberation, shedding attachments and beliefs that hinder our growth. Through daily exercises and Practices, we explore the process of letting go and embrace the freedom that comes with releasing the past. From identifying attachments to engaging in symbolic release practices, each day offers opportunities for personal transformation and renewal.

By the end of the week, we aim to cultivate a greater sense of clarity, resilience, and empowerment as we continue on our path of self-discovery and recovery.

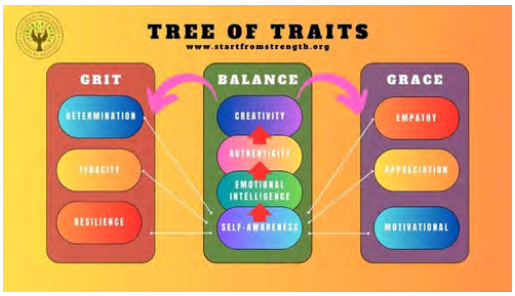
Daily Overview:

- **Day 1: Identifying Attachments**
  - Reflecting on personal attachments and their impact on our lives.
- **Day 2: Letting Go Practice**
  - Engaging in a symbolic release Practice to let go of attachments.
- **Day 3: Mindful Detox**
  - Practicing mindfulness exercises for mental decluttering and purification.
- **Day 4: Flame of Release**
  - Utilizing fire as a symbolic tool for writing and burning what we wish to release.
- **Day 5: Transformative Movement**
  - Participating in dynamic movement activities for energy release and transformation.
- **Day 6: Honored Space Creation**
  - Designing a personal Honored space for reflection and release.
- **Day 7: Open Expression**
  - Embracing open expression within the recovery community to foster connection and support.

ELEMENT OF FIRE

Weekly Topic: Releasing What No Longer Serves You
Weekly Lens: Not Making Assumptions

Day 1: Identifying Attachments
Subtopic: Releasing What No Longer Serves You
Focus: Identifying attachments and their impact
Trait-Based Model of Recovery: Tree of Traits
Module 2 — Lesson 2



Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

The Tree of Traits serves as a central guide within the Trait-Based Model of Recovery, organizing 10 leadership traits to emphasize equilibrium. It offers a pathway to balance and emotional intelligence, empowering individuals to cultivate well-being by fostering self-awareness and authenticity.

Daily Call to Action: Create a list of attachments and reflect on their significance. Write down at least five attachments that you feel are holding you back or no longer serve your growth. Reflect on each attachment and consider how it impacts your life and well-being.

Supplemental Materials:
-Book: The Mindful Path to Addiction Recovery: A Practical Guide to Regaining Control Over Your Life by Dr. Lawrence Peltz
-Movie/Docu: Samsara" (2011)** - A visually mesmerizing journey around the world, exploring the interconnectedness of all living things.
-Podcast: The Way Out | A Sobriety & Recovery Podcast

ELEMENT OF FIRE

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.





ELEMENT OF FIRE

Weekly Topic: Releasing What No Longer Serves You
Weekly Lens: Not Making Assumptions

Day 2: Letting Go Practice
Subtopic: Symbolic Release
Focus: Engaging in a letting-go Practice

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Perform a personal practice symbolizing release. Find a quiet space where you feel comfortable and safe. Take a few deep breaths to center yourself. Write down one attachment or belief you're ready to let go of on a piece of paper. When you're ready, safely burn the paper as a symbolic act of release. As the paper burns, visualize releasing the attachment and feel a sense of liberation. This can also be a visualized practice.

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-Podcast: The Way Out | A Sobriety & Recovery Podcast



ELEMENT OF FIRE

Weekly Topic: Releasing What No Longer Serves You
Weekly Lens: Not Making Assumptions

Day 3: Mindful Detox
Subtopic: Detoxifying the Mind
Focus: Mindfulness practices and mental decluttering

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Practice mindfulness exercises for mental detoxification. Set aside 10-15 minutes in a quiet space. Close your eyes and focus on your breath. Notice any thoughts or emotions that arise without judgment, allowing them to pass by like clouds in the sky. Bring your attention back to your breath whenever you feel distracted. Afterward, reflect on how you feel and jot down any insights or observations in a journal.

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ELEMENT OF FIRE

Weekly Topic: Releasing What No Longer Serves You
Weekly Lens: Not Making Assumptions

Day 4: Flame of Release
Subtopic: Utilizing Fire as a Symbol
Focus: Writing and burning what you wish to release

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Fire Journaling for Transformation: Set aside dedicated time in a quiet, comfortable space. Take out a journal and pen. Begin by reflecting on a challenging experience or emotion you're currently navigating in your recovery journey. As you write, allow your thoughts and feelings to flow freely onto the pages, exploring the depths of your inner world. Once you've expressed yourself fully, focus on identifying any patterns, beliefs, or behaviors that no longer serve your growth and healing. Then, envision these aspects as flames within you, burning away the barriers to your well-being and resilience. Finally, write down affirmations or intentions that embody the qualities you wish to cultivate moving forward. As you conclude your journaling session, visualize these intentions igniting within you, fueling your journey toward transformation and empowerment.

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ELEMENT OF FIRE

Weekly Topic: Releasing What No Longer Serves You
Weekly Lens: Not Making Assumptions

Day 5: Transformative Movement
Subtopic: Dynamic Movements for Transformation
Focus: Engaging in dynamic activities for energy release

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Participate in dynamic movement activities. Choose an activity that allows you to release pent-up energy and tension, such as dancing, jogging, or yoga. Set aside at least 20-30 minutes to engage in the activity of your choice. Focus on moving your body with intention and let go of any stress or worries as you move. Afterward, notice how you feel physically and emotionally.

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ELEMENT OF FIRE

Weekly Topic: Releasing What No Longer Serves You
Weekly Lens: Not Making Assumptions

Day 6: Honored Space Creation
Subtopic: Designing a Personal Honored Space
Focus: Creating a space for reflection and release

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Design a small personal Honored space. Choose a corner or area in your home where you can create an honored space for reflection and release. Gather items that are meaningful to you, such as candles, photographs, positive memory items, or trinkets. Arrange them in a way that feels comforting and inspiring. Take a few moments each day to sit in your honored space, reflect on your journey, and release what no longer serves you.

Supplemental Materials:
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-Podcast: The Way Out | A Sobriety & Recovery Podcast



ELEMENT OF FIRE

Weekly Topic: Releasing What No Longer Serves You
Weekly Lens: Not Making Assumptions

Day 7: Open Expression
Subtopic: Embracing Open Expression
Focus: Expressing emotions freely

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Engage in open expression within the recovery community. Attend a support group meeting or connect with a trusted friend or mentor. Practice expressing your thoughts, feelings, and experiences openly and honestly. Listen actively to others and offer support and empathy. Reflect on the power of open expression in releasing emotional burdens and fostering connection within the community.

Supplemental Materials:
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-Movie/Docu: Samsara" (2011)** - A visually mesmerizing journey around the world, exploring the interconnectedness of all living things.
-Podcast: The Way Out | A Sobriety & Recovery Podcast

ELEMENT OF FIRE

Week 3: Why Fire?

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

-The Trait-Based Model of Recovery :Traits and Their Shadows: Module 1—Lesson 2
-The Four Agreements by Don Miguel Ruiz

Summary:
In this profound and insightful book, The Four Agreements by Don Miguel Ruiz, draws upon ancient Toltec wisdom to present a transformative guide to personal freedom and happiness. Through the exploration of four powerful agreements, Ruiz invites readers to embark on a journey of self-discovery, inner peace, and fulfillment. As we delve into each agreement week by week, we'll uncover timeless principles that can revolutionize how we perceive ourselves, our relationships, and the world around us.

Daily Overview:
- Day 1: The Essence of Fire
 - Explore the transformative nature of fire through journaling.
- Day 2: Fire as Catalyst
 - Reflect on personal experiences where fire has ignited growth and transformation.
- Day 3: The Purifying Flame
 - Engage in a purifying Practice or activity symbolizing release and purification.
- Day 4: The Creative Fire
 - Express creativity through a chosen medium, tapping into the fiery energy of inspiration.
- Day 5: Fire's Role in Renewal
 - Reflect on areas in your life where renewal and revitalization are needed.
- Day 6: Fire's Warmth and Connection
 - Reach out and connect with someone in the recovery community, fostering warmth and connection.
-Day 7: A Personal Relationship with Fire
 - Build a personal connection with fire through contemplation and reflection.



ELEMENT OF FIRE

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

Day 1: The Essence of Fire
Subtopic: Understanding the Transformative Power
Trait-Based Model of Recovery: Traits and Their Shadows: Module 1 - Lesson 2
Focus: Explore the symbolism and essence of fire

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Reflect on a time when you felt consumed by fear or adversity. How did the element of fire, either metaphorically or literally, play a role in your ability to overcome these challenges? Explore the concept of purification through fire. In what ways do you believe fire has the power to cleanse and renew aspects of your life or mindset as you navigate recovery? Consider the dual nature of fire, as both a force of destruction and creation. How do you perceive this duality reflecting in your own journey, and how can you harness it for positive transformation? Imagine yourself as a flame, flickering and dancing with vitality. What qualities of fire do you embody in your pursuit of healing and growth, and how can you further cultivate these traits?Reflect on the role of passion and resilience in your recovery journey. How does the fiery energy of determination and perseverance propel you forward, even in the face of setbacks or challenges?

Supplemental Materials:
-The Four Agreements by Don Miguel Ruiz
-Book: The Essential Guidebook to Mindfulness in Recovery: The Essence of Mindfulness by John Bruna
-Movie/Docu: "13th" (2016) - Examines the intersection of race, justice, and mass incarceration in the United States, prompting viewers to reflect on systemic issues and the pursuit of social justice.
-Podcast: Transformations Recovery

ELEMENT OF FIRE

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.





ELEMENT OF FIRE

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

Day 2: Fire as Catalyst
Subtopic: Catalyst for Personal Growth
Focus: Recognize fire as a catalyst for change

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Fire Meditation Practice
1. Find a quiet space and sit comfortably near a candle or visualize a flame in your mind's eye.
2. Take a few deep breaths, inhaling calmness and exhaling tension.
3. Focus on the flame's gentle flickering and warmth, allowing it to draw you into a state of peaceful awareness.
4. Reflect on the qualities of fire that resonate with you, visualizing any areas of your life where you seek growth or transformation being gently touched by the flame.
5. Set your intentions with clarity and gratitude before slowly bringing your awareness back to the present moment. Carry the warmth and renewal of the flame with you as you continue your day.

Supplemental Materials:
-The Four Agreements by Don Miguel Ruiz
-Book: The Essential Guidebook to Mindfulness in Recovery: The Essence of Mindfulness by John Bruna
-Movie/Docu: "13th" (2016) - Examines the intersection of race, justice, and mass incarceration in the United States, prompting viewers to reflect on systemic issues and the pursuit of social justice.
-Podcast: Transformations Recovery



ELEMENT OF FIRE

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

Day 3: The Purifying Flame
Subtopic: The Purifying Nature of Fire
Focus: Explore fire as a purifying force

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Fire Purification Art - Create a Release Mandala. Gather materials such as paper, colored pencils, markers, or any other preferred medium. Find a quiet and comfortable space where you can focus on your creativity.
- Choose paper and drawing materials.
- In the center, draw or create a symbol of what you want to let go of.
- Surround the symbol with patterns or circles representing purification.
- Express emotions freely while creating.
- Reflect on feelings of release and purification afterward.

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ELEMENT OF FIRE

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

Day 4: The Creative Fire
Subtopic: Nurturing Creativity
Focus: Tap into the creative energy of fire

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Write a Haiku Inspired by Fire
Fire has long been a symbol of inspiration and creativity. Channel the energy of the flames into a haiku that captures the essence of fire and expresses your own creativity. Whether you choose to write, draw, or craft, let the fiery energy inspire you to create something beautiful.
1. Choose a theme or subject for your haiku.
2. Use vivid imagery related to your theme.
3. Follow the 5-7-5 syllable pattern (5 syllables in the first line, 7 in the second, and 5 in the third).
4. Write your haiku, focusing on the chosen theme and syllable count.
5. Revise and refine your haiku as needed.
6. Share and enjoy your creation!

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ELEMENT OF FIRE

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

Day 5: Fire's Role in Renewal
Subtopic: Renewal and Rebirth
Focus: Understand fire's role in renewal

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Renewal Self-Care Practice

1. Set up a serene space in your home with soft lighting and calming music.
2. Take deep breaths to center yourself and set the intention for renewal and serenity.
3. Engage in mindfulness practices like meditation or deep breathing exercises.
4. Treat yourself to self-care activities such as applying a facial mask or giving yourself a hand massage.
5. Savor the moment of relaxation and renewal, expressing gratitude for prioritizing your well-being.

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ELEMENT OF FIRE

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

Day 6: Fire's Warmth and Connection
Subtopic: Building Connections
Focus: Explore the warmth and connection fostered by fire

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Reach out and connect with someone in the recovery community, sharing experiences and insights
Fostering connection through the element of fire holds profound significance, as it symbolizes warmth, community, and shared experiences. By gathering around a fire, we create a sacred space where bonds are strengthened, stories are shared, and a sense of belonging is cultivated, enriching our relationships and nurturing our souls.

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ELEMENT OF FIRE

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

Day 7: A Personal Relationship with Fire
Subtopic: Cultivating a Personal Relationship
Focus: Establish a personal connection with fire

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Writing Prompt: Cultivating Connection with Fire in Relationships
Reflect on your ideal friendship or relationship, envisioning the traits and qualities that resonate deeply with you. Draft a letter to a hypothetical friend or partner, expressing the significance of these characteristics in fostering a meaningful connection, much like the warmth and transformative power of fire. Consider how you cultivate a personal connection with fire, reflecting on its resonance with your journey and how it mirrors the warmth, passion, and growth you seek in your relationships. Explore how embracing the energy of fire can inspire you to nurture deeper connections and bring balance and vitality to your interpersonal interactions.

Supplemental Materials:
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-Movie/Docu: "13th" (2016) - Examines the intersection of race, justice, and mass incarceration in the United States, prompting viewers to reflect on systemic issues and the pursuit of social justice.
-Podcast: Transformations Recovery



ELEMENT OF FIRE

Weekly Topic: Why Fire?
Weekly Lens: Not Taking Things Personally

Subtopic:
Trait-Based Model of Recovery: Traits and Their Shadows: Module1 - Lesson 2
Focus:

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action:

Supplemental Materials:
-The Four Agreements by Don Miguel Ruiz
-Book: The Essential Guidebook to Mindfulness in Recovery: The Essence of Mindfulness by John Bruna
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ELEMENT OF FIRE

Week 4: Resistance & How to Unlock Surrendering

Weekly Topic: Week 4: Resistance and How to Unlock Surrendering
Weekly Lens: Always Doing Your Best
Trait-Based Model: Traits and Their Shadows: Module 1 — Lesson 3

Summary:

In Week 4, we delve into the dynamic interplay between resistance and surrender, exploring how these forces influence our personal growth and journey towards recovery. Through introspection and practical exercises, participants will uncover the roots of their resistance, embrace the transformative power of surrender, and discover tools to break free from limiting patterns.

Throughout the week, participants will engage in self-reflection, journaling, mindfulness practices, and actionable steps to deepen their understanding of resistance and surrender, paving the way for greater personal growth and transformation.

Key Concepts:

- Recognizing Resistance: Understanding the subtle ways resistance manifests in our thoughts, emotions, and behaviors.
- Exploring Origins: Reflecting on past experiences and beliefs that contribute to our resistance patterns.
- Embracing Surrender: Cultivating acceptance and openness to the natural flow of life.
- Practical Strategies: Equipping participants with actionable tools to overcome resistance and foster surrender.
--Liberation in Surrender: Recognizing the sense of freedom and empowerment that comes with letting go.

Daily Overview:

- Day 1: Identifying patterns of resistance in daily life.
- Day 2: Reflecting on past experiences contributing to resistance.
- Day 3: Practicing letting go through mindfulness meditation.
- Day 4: Recognizing the role of acceptance in surrender.
- Day 5: Implementing practical strategies to break resistance.
- Day 6: Connecting with the natural flow of life through mindfulness.
- Day 7: Reflecting on the liberating aspects of surrender.



ELEMENT OF FIRE

Weekly Topic: Resistance & How to Unlock Surrendering
Weekly Lens: Always Doing Your Best

Day 1: Recognizing Your Resistance
Subtopic: Understanding Your Resistance Patterns
Focus: Recognize when you feel resistant or hesitant in recent situations.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

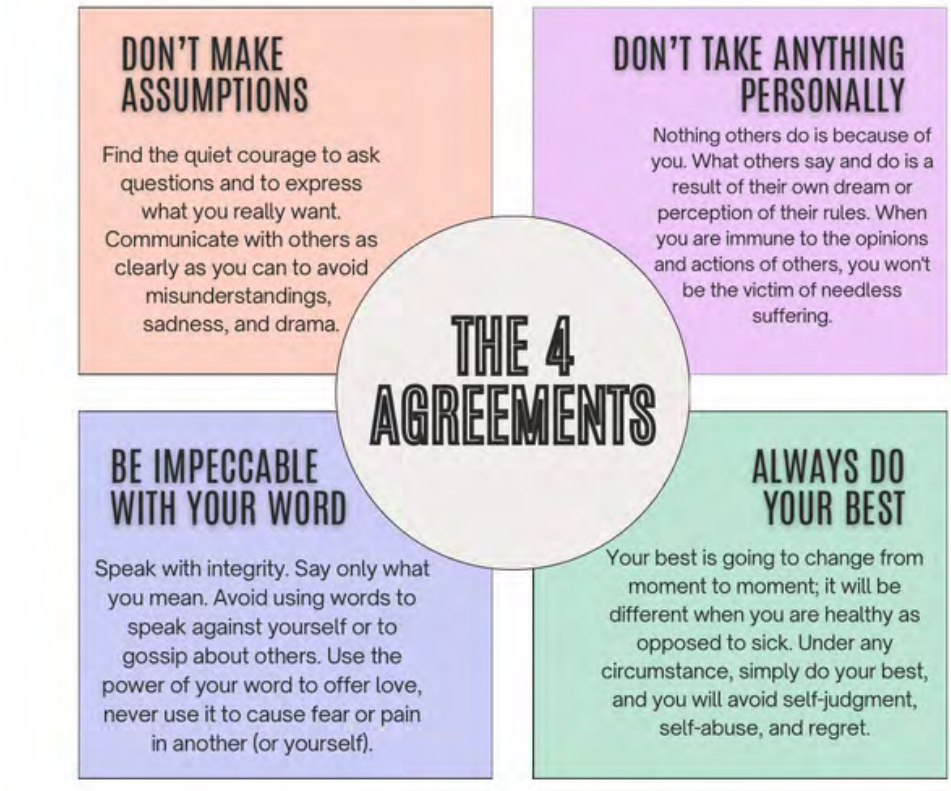
Daily Call to Action: Take 10-15 minutes to journal about at least three instances, describing the emotions and thoughts behind your reactions. Identify patterns of resistance in your daily life to understand what might hold you back from progress. Take 10-15 minutes to journal about at least three instances, describing the emotions and thoughts behind your reactions.
An example of a resistance pattern:
Fear of Change:
- Resistance Pattern: Resisting change or clinging to familiar routines, even if they no longer serve us, due to fear of the unknown.
- Replacement Pattern: Embrace uncertainty as an opportunity for growth and transformation. Practice mindfulness and self-reflection to cultivate acceptance of change and adaptability to new circumstances. Seek support from others who have navigated similar transitions for guidance and reassurance.

Supplemental Materials:
Trait-Based Model: Traits and Their Shadows: Module 1 — Lesson 3
The Four Agreements by Don Miguel Ruiz
-Book: A Happier Hour by Rebecca Weller
-Movie/Docu: “Happy" (2011)
-Podcast: Keepin' It Friel | Conversations on Recovery

ELEMENT OF FIRE

Agreement 1 - Be Impeccable with Your Word

In the first section of "The Four Agreements," we encounter the foundational principle of being impeccable with our word. Ruiz emphasizes the importance of using our words with integrity, refraining from gossip, judgment, and self-deprecation. By aligning our speech with truth and kindness, we not only honor ourselves but also cultivate trust and harmony in our interactions with others. As we reflect on our language patterns and commit to speaking authentically, we lay the groundwork for profound personal transformation and genuine **connection.**





ELEMENT OF FIRE

Weekly Topic: Resistance & How to Unlock Surrendering
Weekly Lens: Always Doing Your Best

Day 2: Understanding Your Resistance's Roots
Subtopic: Exploring Where These Roots Come From
Focus: Reflect on past experiences that may have influenced your resistance patterns.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Write about how these experiences shaped your current mindset and note any recurring themes or triggers. Spend time reflecting on past experiences that may have contributed to your resistance patterns.
Another example of a resistance pattern may look like:
Perfectionism:
- Resistance Pattern: Setting excessively high standards for oneself and feeling paralyzed by the fear of making mistakes or not meeting expectations.
- Replacement Pattern: Embrace a growth mindset by viewing mistakes as opportunities for learning and growth. Set realistic goals and focus on progress rather than perfection, celebrating achievements along the way.

Supplemental Materials:
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ELEMENT OF FIRE

Weekly Topic: Resistance & How to Unlock Surrendering
Weekly Lens: Always Doing Your Best

Day 3: Embracing the Power of Letting Go
Subtopic: Embracing Surrender
Focus: Understand how surrender can transform you.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Practice a mindfulness meditation focused on releasing tension and resistance. Try a mindfulness meditation focused on letting go and embracing surrender.

YouTube Guided Meditation: Search for guided mindfulness meditations on YouTube specifically focused on letting go and embracing surrender. Many channels offer free guided meditations led by experienced instructors that you can follow along with in the comfort of your own space.

Audio Meditation Programs: Utilize meditation apps or audio programs that offer mindfulness meditations focused on letting go and surrender. Apps like Headspace, Calm, or Insight Timer provide a variety of guided meditations that you can listen to anytime, anywhere.

Supplemental Materials:
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ELEMENT OF FIRE

Weekly Topic: Resistance & How to Unlock Surrendering
Weekly Lens: Always Doing Your Best

Day 4: The Role of Acceptance in Surrender
Subtopic: Embracing Acceptance
Focus: Recognize how acceptance plays a part in surrender.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Make a list of areas where it's hard to accept things as they are and brainstorm ways to practice acceptance.
Some examples may include:
Self-Image:
- Accepting oneself as is, embracing strengths and weaknesses, and fostering self-compassion and self-acceptance.

Past Mistakes:
- Accepting past mistakes or failures as learning opportunities, leading to personal growth and resilience.

Personal Relationships:
- Accepting differences and imperfections in loved ones, leading to healthier and more authentic connections.

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ELEMENT OF FIRE

Weekly Topic: Resistance & How to Unlock Surrendering
Weekly Lens: Always Doing Your Best

Day 5: Strategies for Overcoming Resistance
Subtopic: Practical Approaches
Focus: Explore tools to break resistance patterns.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Choose and implement one strategy in a situation where you typically feel resistant. Pick a practical strategy to break resistance patterns and try it out in a real-life situation.

A very simple yet effective way to practice “pushing against” resistance is giving a stranger a genuine and intentional compliment or share a kind word. This can be done in an in-person setting, or virtually.

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ELEMENT OF FIRE

Weekly Topic: Resistance & How to Unlock Surrendering
Weekly Lens: Always Doing Your Best

Day 6: Going with the Flow
Subtopic: Aligning with Life's Flow
Focus: Surrender to life's natural flow.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Practice mindfulness to connect with the present moment. Engage in a mindfulness practice to align with life's flow.

This practice can be done in any quiet space, either indoors or outdoors. Find a quiet spot to sit, or lay down Observe the things around you in your present environment, what do you feel, what things are around you, what texture are they, focus on the small details. Once you have done this, reflect either mentally, or in a prefered journal (written, audio) on how these things around you in the present moment enhance or effect your life. How could removing one, or many of these things impact you, and vice versa, if these things were multiplied how would they impact you?

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ELEMENT OF FIRE

Weekly Topic: Resistance & How to Unlock Surrendering
Weekly Lens: Always Doing Your Best

Day 7: Finding Freedom in Letting Go
Subtopic: Experiencing Freedom
Focus: Recognize the freedom in surrendering.

Elemental Information: In the element of Fire, individuals delve into personal passions, sparking creativity and nurturing dreams for significant personal development. Through dynamic practices like breath-work, dynamic yoga, and expressive arts, participants cultivate trust in themselves and the recovery journey. Symbolic rituals, such as wearing red and candle meditation, embody the transformative essence of fire, fostering open communication and emotional expression within the recovery community.

Daily Call to Action: Reflect on how letting go of resistance can lead to liberation. Reflect on how surrendering resistance can bring a sense of freedom and liberation.

1. Reflective Journaling: Take time to journal about areas where resistance has held you back. Identify patterns and underlying emotions driving resistance.

2. Practice Acceptance: Challenge yourself to accept things as they are, exploring how surrendering resistance can lead to freedom and growth.

3. Visualization and Affirmation: Visualize yourself letting go of resistance and embracing surrender. Repeat affirmations daily to reinforce the mindset of liberation.

Supplemental Materials:
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ELEMENT OF FIRE

Week 5: Childhood-the good, bad and the ugly— Dive into Childhood Trauma

Weekly Topic: Week 5: Childhood: the good, bad and the ugly— Dive into Childhood Trauma

Weekly Lens: Clarity

Trait-Based Model of Recovery: Traits and Their Shadows: Module 1— Lesson 4

Summary:

This week, we delve into the complexities of childhood experiences, exploring both the positive and challenging aspects. By examining childhood memories, confronting past traumas, and integrating evidence-based practices, participants will gain insight into the profound impact of early life experiences on their mental and emotional well-being. Through reflection, research, and practical application, individuals will embark on a journey of healing and self-discovery.

Key Concepts:

- Exploration of Childhood Memories: Reflecting on positive and challenging childhood experiences to gain insight into their lasting effects.
- Understanding Childhood Trauma: Examining the psychological and emotional impact of childhood trauma on individuals.
- Trauma-Informed Care: Differentiating between trauma-informed and trauma-responsive approaches to provide sensitive and effective support.
- Evidence-Based Practices: Exploring techniques from Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) to address childhood trauma and promote healing.
- Integration and Application: Developing personalized plans for integrating evidence-based practices into daily life to support ongoing healing and growth.

Daily Overview:

- Day 1: Reflecting on positive childhood memories and journaling about them.
- Day 2: Confronting challenging childhood experiences and reflecting on their impact.
- Day 3: Researching and reflecting on the effects of childhood trauma.
- Day 4: Exploring the distinctions between trauma-informed and trauma-responsive care.
- Day 5: Practicing Cognitive Behavioral Therapy (CBT) techniques related to childhood experiences.
- Day 6: Applying Dialectical Behavior Therapy (DBT) skills to manage challenging emotions stemming from childhood.
- Day 7: Developing a personalized plan for integrating evidence-based practices into daily life.



ELEMENT OF FIRE

Weekly Topic: Childhood- The Good, Bad and the Ugly - Dive into Childhood Trauma

Weekly Lens: Clarity

Day 1: Exploring Your Childhood Memories

Subtopic: Reflecting on the Good Times

Focus: Getting Clear on Happy Memories

Trait-Based Model: Traits and Their Shadows: Module 1 — Lesson 4

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Agreement 2 - Don't Take Anything Personally

Building upon the first agreement, Ruiz introduces the concept of not taking anything personally. He reminds us that the opinions and actions of others are a reflection of their own beliefs and experiences, rather than a true reflection of our worth. By releasing the need for external validation and recognizing our inherent value, we free ourselves from the burden of others' judgments and criticism. Embracing this agreement empowers us to navigate conflicts with grace, maintain emotional resilience, and cultivate a deeper sense of self-acceptance.

Daily Call to Action: Journal about your happy childhood memories. Write down at least three vivid memories from your childhood that made you feel joyful or warm inside. Describe each memory in detail, including who was there, how you felt, and any little details you remember

Supplemental Materials:

Trait-Based Model: Traits and Their Shadows: Module 1 — Lesson 4

The Four Agreements by Don Miguel Ruiz

-Book: Beautiful Boy: A Father’s Journey Through His Son’s Addiction by David Shef

-Movie/Docu: “Won't You Be My Neighbor?" (2018)

-Podcast: The One Day At A Time Recovery Podcast



ELEMENT OF FIRE

Weekly Topic: Childhood- The Good, Bad and the Ugly - Dive into Childhood Trauma
Weekly Lens: Clarity
Day 2: Confronting Challenges from Your Past
Subtopic: Facing Tough Times
Focus: Getting Clear on Hard Experiences

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Reflect on difficult experiences from your childhood, considering the impact of trauma on your development. Set aside quiet time to reflect on moments that were tough or painful, acknowledging the emotions that arise. Choose one specific challenge you faced and explore how it affected you emotionally, mentally, or physically.

For example: Write a letter to your childhood self, expressing non-judgemental awareness of the situation you reflected on, providing self-compassion and healing language just as if you were talking to your childhood self.

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ELEMENT OF FIRE

Day 2: Confronting Challenges from Your Past



ELEMENT OF FIRE

Weekly Topic: Childhood- The Good, Bad and the Ugly - Dive into Childhood Trauma
Weekly Lens: Clarity

Day 3: Understanding the Effects of Childhood Trauma
Subtopic: Learning about Trauma's Impact
Focus: Getting Clear on How Trauma Affects Us

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Research and think about how childhood trauma affects people. Spend some time looking into the emotional and mental effects of childhood trauma. Think about how these effects might show up in your life or the lives of people you know. Reflect on the enduring impact of childhood trauma, integrating principles of Trauma-Informed Care to understand its profound emotional and mental effects. Take time to explore how childhood trauma shapes individuals' experiences, considering its lasting influence on emotional well-being and mental health. Delve into research to deepen your understanding of the complexities of trauma, and reflect on how these effects may manifest in your life or the lives of those around you. Set aside quiet moments to recall challenging experiences from your childhood, focusing on one specific instance to examine its emotional, mental, or physical repercussions. Through a lens of Trauma-Informed Care, approach this reflection with compassion and empathy, recognizing the resilience that emerges from navigating adversity.

Supplemental Materials:
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-Movie/Docu: “Won't You Be My Neighbor?" (2018)
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ELEMENT OF FIRE

Weekly Topic: Childhood- The Good, Bad and the Ugly - Dive into Childhood Trauma

Weekly Lens: Clarity

Day 4: Knowing the Difference Between Trauma-Informed and Trauma-Responsive Care

Subtopic: Understanding Different Types of Trauma Care

Focus: Getting Clear on the Differences

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Look into resources about trauma-informed and trauma-responsive care. Find articles, videos, or online classes that explain the distinctions between these two types of care. Take notes on the main ideas and any strategies suggested for providing caring and effective help.

Understanding trauma-informed and trauma-responsive care is crucial for anyone involved in supporting individuals who have experienced trauma. Trauma-informed care focuses on creating environments that are sensitive to the needs of trauma survivors, while trauma-responsive care goes a step further by actively addressing trauma and its effects. By delving into resources on these topics, individuals can gain valuable insights into best practices for providing compassionate and effective support to those impacted by trauma.

Supplemental Materials:

Trait-Based Model: Traits and Their Shadows: Module 1 — Lesson 4

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-Movie/Docu: “Won't You Be My Neighbor?" (2018)

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ELEMENT OF FIRE

Weekly Topic: Childhood- The Good, Bad and the Ugly - Dive into Childhood Trauma

Weekly Lens: Clarity

Day 5: Exploring Elements of Cognitive Behavioral Therapy and Reshaping Our Mindset

Subtopic: Understanding CBT Methods

Focus: Understanding CBT's Effectiveness

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Today, let's explore Cognitive Behavioral Therapy (CBT), a common therapy method. CBT helps us understand how our thoughts, feelings, and actions are connected and influence our lives. As a specific prompt, consider asking yourself: "How does reframing this negative thought or behavior affect my mood?"

For example:

Think back to a childhood memory where you felt insecure about your abilities, perhaps being teased for not being good at something. Identify the negative thought associated with this memory, such as "I'm not good enough." Instead of focusing on your perceived shortcomings, remind yourself of your strengths and past successes (a CBT practice). Engage in an enjoyable activity that boosts your confidence, like drawing, dancing, or playing a musical instrument. Notice how this shift in perspective and engaging in positive activities affects your mood and sense of self-worth. Reflect on how this practice contributes to your journey towards feeling more confident and capable.

Supplemental Materials:

Trait-Based Model: Traits and Their Shadows: Module 1 — Lesson 4

The Four Agreements by Don Miguel Ruiz

-Book: Beautiful Boy: A Father's Journey Through His Son's Addiction by David Shef

-Movie/Docu: "Won't You Be My Neighbor?" (2018)

-Podcast: The One Day At A Time Recovery Podcast



ELEMENT OF FIRE

Weekly Topic: Childhood- The Good, Bad and the Ugly - Dive into Childhood Trauma

Weekly Lens: Clarity

Day 6: Applying Elements of Dialectical Behavior Therapy (DBT) Skills

Subtopic: Implementing DBT Skills

Focus: Understanding the Role of DBT in Coping

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Today, let's learn about Dialectical Behavior Therapy (DBT), which teaches practical skills for handling strong emotions and tough situations. For those in recovery, DBT can be helpful. Think about a tough feeling or memory from your past that still bothers you. Then, try a grounding techniques or ways to handle stress. See how these skills help you feel calmer and cope better. Think about how using DBT can help you feel stronger and more aware as you face challenges.

Example:

Think back to a time when you felt overwhelmed by anxiety, maybe during a stressful family gathering. Identify the intense emotion of anxiety that you experienced. Then, try a grounding technique, like focusing on your breath or describing objects around you in detail, to bring yourself back to the present moment and ease your anxiety. Notice how this skill helps you feel more centered and in control of your emotions. Reflect on how incorporating DBT practices into your recovery journey can equip you with tools to manage difficult situations with greater resilience and self-awareness.

Supplemental Materials:

Trait-Based Model: Traits and Their Shadows: Module 1 — Lesson 4

The Four Agreements by Don Miguel Ruiz

-Book: Beautiful Boy: A Father's Journey Through His Son's Addiction by David Shef

-Movie/Docu: "Won't You Be My Neighbor?" (2018)

-Podcast: The One Day At A Time Recovery Podcast



ELEMENT OF FIRE

Weekly Topic: Childhood- The Good, Bad and the Ugly - Dive into Childhood Trauma

Weekly Lens: Clarity

Day 7: Bringing It All Together

Subtopic: Putting Everything into Practice

Focus: Getting Clear on How to Use What You've Learned

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Creating a Daily Routine for Growth and Healing

1. Set Clear Intentions:
 - Begin each day by setting clear intentions for how you want to cultivate growth and healing. Reflect on specific areas of your life where you'd like to focus your efforts, such as managing stress, improving self-esteem, or enhancing relationships.

2. Incorporate Mindfulness Practices:
 - Dedicate time each morning for mindfulness practices, such as meditation or deep breathing exercises. Start with just a few minutes of focused breathing to center yourself and set a positive tone for the day.

3. Schedule Self-Care Activities:
 - Integrate self-care activities into your daily routine to prioritize your emotional and mental well-being. This could involve activities like journaling, engaging in hobbies you enjoy, spending time outdoors, or connecting with supportive friends or family members.



ELEMENT OF FIRE

Day 7: Bringing It All Together
Subtopic: Putting Everything into Practice
Focus: Getting Clear on How to Use What You've Learned

Daily Call to Action: Creating a Daily Routine for Growth and Healing (cont.)

5. Reflect and Adjust:
- At the end of each day, take a few moments to reflect on how you implemented your chosen techniques and practices. Notice any shifts in your mood, mindset, or behavior, and celebrate your progress. Adjust your routine as needed based on what feels most supportive and effective for you.
-Identify specific CBT and DBT techniques or activities that resonate with you and align with your intentions. This could include practicing thought restructuring, using coping skills like grounding techniques or mindfulness, or engaging in behavioral experiments to challenge negative beliefs.

6. Consistency is Key:
- Remember that consistency is key to seeing results. Make a commitment to yourself to follow through with your daily routine, even on days when you may feel resistant or unmotivated. Over time, these intentional practices will become ingrained habits that support your ongoing growth and healing journey.

Supplemental Materials:
Trait-Based Model: Traits and Their Shadows: Module 1 — Lesson 4
The Four Agreements by Don Miguel Ruiz
-Book: Beautiful Boy: A Father's Journey Through His Son's Addiction by David Shef
-Movie/Docu: "Won't You Be My Neighbor?" (2018)
-Podcast: The One Day At A Time Recovery Podcast

ELEMENT OF FIRE

Week 6: Avenues to Calm Nervous System

Weekly Topic: Avenues to Calm Nervous System
Weekly Lens: Focus
Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5

Summary:
This week, participants will embark on a journey to understand the intricacies of nervous system regulation. By exploring various techniques and practices, individuals will gain insight into how to calm and balance their nervous systems, ultimately promoting greater emotional well-being and resilience.

Key Concepts:
- Understanding the Autonomic Nervous System: Delving into the basics of the autonomic nervous system and its role in regulating bodily functions.
- Breathwork and Calming Techniques: Exploring breathwork as a powerful tool for calming the nervous system and reducing stress.
- Mindful Movement and Focus: Discovering how mindful movement practices can enhance focus and regulate the nervous system.
- Grounding for Stability: Learning grounding techniques to establish stability and promote a sense of security.
- Visualization for Relaxation: Harnessing the power of visualization to induce relaxation and balance the nervous system.
- Sensory Regulation: Exploring sensory practices to modulate arousal levels and promote emotional regulation.
- Creating a Personalized Calming Routine: Developing a personalized routine incorporating various techniques for ongoing nervous system regulation.

Daily Overview:
- Day 1: Introduction to the autonomic nervous system basics and research on its functions.
- Day 2: Practice a calming breathwork exercise and reflect on its effects on nervous system regulation.
- Day 3: Engage in a mindful movement practice and observe its impact on focus and relaxation.
- Day 4: Explore grounding techniques and their role in establishing stability and security.
- Day 5: Participate in a visualization exercise for relaxation and reflect on its efficacy.
- Day 6: Experiment with sensory regulation practices and note their influence on emotional regulation.
- Day 7: Develop a personalized calming routine tailored to individual preferences and needs.



ELEMENT OF FIRE

Weekly Topic: Avenues to Calm Nervous System

Weekly Lens: Focus

Day 1: Getting to Know Your Nervous System

Subtopic: Understanding How Your Nervous System Works

Focus: Figuring Out What Your Nervous System Does

Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Agreement 3 - Don't Make Assumptions

In the third section of the book, Ruiz explores the detrimental impact of making assumptions and jumping to conclusions. He encourages us to communicate openly and ask clarifying questions rather than relying on assumptions that can lead to misunderstandings and conflict. By practicing mindful awareness and seeking clarity in our interactions, we foster genuine connection and prevent unnecessary suffering. This agreement invites us to embrace the uncertainty of life with curiosity and openness, paving the way for deeper understanding and richer relationships.

Daily Call to Action: Start by researching the autonomic nervous system. Look up reliable sources like articles or videos to learn about its basics and functions. Take notes on what you find important.

Supplemental Materials:

Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5

The Four Agreements by Don Miguel Ruiz

-Book: The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction by Dr. Rebecca E. Williams and Julie S. Kraft

-Movie/Docu: “In Pursuit of Silence" (2015)

-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: Avenues to Calm Nervous System
Weekly Lens: Focus
Day 2: Breathing to Relax Your Nerves
Subtopic: Connecting Your Breath with Calming Your Nervous System
Focus: Understanding How Your Breathing Affects Your Nervous System

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Try a breathing exercise to calm your nerves. Find a quiet spot, get comfortable, and follow along with a guided breathing exercise. You can use apps or online videos to help you.

Simple Instructions for a Breathing Exercise:

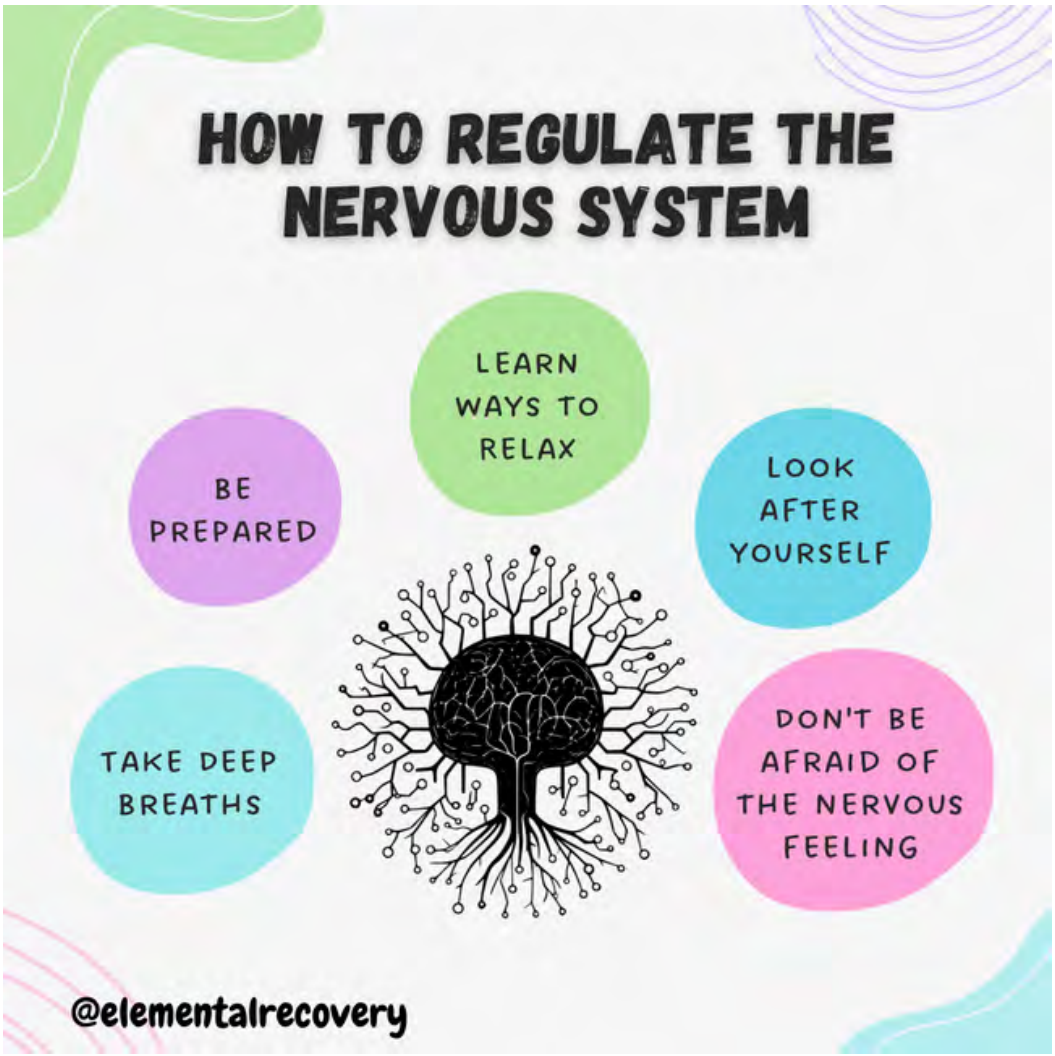
1. Find a Quiet Spot:
   - Locate a quiet and comfortable space without distractions.
2. Get Comfortable:
   - Sit or lie down in a relaxed position.
3. Guided Breathing Exercise:
   - Use an app or online video for guidance.
4. Follow Along:
   - Inhale slowly through your nose and exhale gently through your mouth, focusing on your breath.

Supplemental Materials:

Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5
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-Movie/Docu: “In Pursuit of Silence" (2015)
-Podcast: Far From Finished

ELEMENT OF FIRE

Day 2: Breathing to Relax Your Nerves
Subtopic: Connecting Your Breath with Calming Your Nervous System
Focus: Understanding How Your Breathing Affects Your Nervous System





ELEMENT OF FIRE

Weekly Topic: Avenues to Calm Nervous System
Weekly Lens: Focus

Day 3: Moving Mindfully for Concentration
Subtopic: Using Movement to Regulate Your Nervous System
Focus: Seeing How Movement Helps You Focus

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Do a mindful movement activity like yoga, tai chi, or simply take a walk outside. Pay attention to each movement you make, feeling how it affects your body and breath. Use mindful movement practices to relieve stress.

Supplemental Materials:
Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5
The Four Agreements by Don Miguel Ruiz
-Book: The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction by Dr. Rebecca E. Williams and Julie S. Kraft
-Movie/Docu: “In Pursuit of Silence" (2015)
-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: Avenues to Calm Nervous System
Weekly Lens: Focus
Day 4: Finding Stability with Grounding
Subtopic: Staying Steady by Grounding Yourself
Focus: Learning Grounding Techniques

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Try a grounding exercise. Sit comfortably, close your eyes, and imagine roots growing from your body into the earth, keeping you steady and secure. Breathe deeply as you feel grounded.

1. Find a comfortable seated position and close your eyes.
   - Sit comfortably with your back straight.
   - Close your eyes to minimize distractions.
2. Take deep breaths and imagine roots growing from your body into the earth.
   - Inhale deeply through your nose, filling your lungs.
   - Exhale slowly through your mouth, releasing tension.
   - Visualize roots extending from your feet or spine into the earth.
3. Feel the connection with the earth and stay present.
   - Feel the energy of the earth flowing up through your roots.
   - Focus on the sensation of being grounded and stable.

Supplemental Materials:
Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5
The Four Agreements by Don Miguel Ruiz
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-Movie/Docu: “In Pursuit of Silence" (2015)
-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: Avenues to Calm Nervous System
Weekly Lens: Focus
Day 5: Visualizing Calm and Focus
Subtopic: Using Your Imagination to Calm Your Nervous System
Focus: Understanding How Visualization Can Help

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action:
Practice visualization by imagining a peaceful scene or place where you feel safe, such as a tranquil beach, a serene forest, or a cozy cabin in the mountains. Close your eyes, focus on the details of this scene, and imagine yourself there, using all your senses to make it feel real. For example, if you're visualizing a beach:
1. Close your eyes and picture yourself standing on a sandy shore, feeling the warmth of the sun on your skin.
2. Hear the gentle sound of waves crashing against the shore, and feel the soft breeze blowing through your hair.
3. Imagine the scent of saltwater in the air, and the taste of the ocean on your lips as you breathe deeply.

Supplemental Materials:
Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5
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-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: Avenues to Calm Nervous System
Weekly Lens: Focus

Day 6: Using Your Senses for Balance
Subtopic: Using Your Senses to Keep Your Nervous System in Check
Focus: Seeing How Different Senses Affect Your Nervous System

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Try out sensory activities like listening to calming music, taking a warm bath, or playing with textured objects to relax and ground yourself. Use sensory activities to help manage your emotions, a practice from dialectical behavior therapy.

Supplemental Materials:
Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5
The Four Agreements by Don Miguel Ruiz
-Book: The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction by Dr. Rebecca E. Williams and Julie S. Kraft
-Movie/Docu: “In Pursuit of Silence" (2015)
-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: Avenues to Calm Nervous System
Weekly Lens: Focus
Day 7: Creating Your Own Calming Routine
Subtopic: Making a Routine that Works for You
Focus: Finding What Calms You Down Best

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Develop a personalized calming routine by incorporating activities that have proven most helpful to you this week. Experiment with different combinations until you discover what works best for you, drawing inspiration from evidence-based practices such as those utilized in cognitive behavioral therapy. Make this routine a regular part of your daily or weekly schedule to effectively cope with stress and promote your overall well-being. This can be added to your current daily self-care focused routine made in the prior week.

Supplemental Materials:
Trait-Based Model: Traits and Their Shadows Module 1 — Lesson 5
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-Podcast: Far From Finished

ELEMENT OF FIRE

Week 7: Teenage-Based Trauma

Weekly Topic: Teenage-Based Trauma
Weekly Lens: Love
The Trait-Based Model of Recovery : Module 2 —Lesson 6

Summary: In Week 7, our focus turns to the profound impact of love and connections in trauma recovery. By exploring the role of love, both for oneself and in relationships with others, participants will delve into strategies for healing and building resilience. Through self-reflection, communication, and creative expression, individuals will cultivate a deeper understanding of how love can serve as a powerful force in their journey towards healing.

Key Concepts:
- Recognition of Teenage-Based Trauma: Understanding the sources and effects of trauma during adolescence.
- Healing Power of Love: Exploring how love can facilitate emotional healing and resilience.
- Building Supportive Connections: Recognizing the importance of social support in trauma recovery.
- Navigating Relationships Post-Trauma: Addressing challenges and opportunities in relationships after experiencing trauma.
- Cultivating Self-Love: Practicing self-compassion and nurturing a positive relationship with oneself.
- Expressing Love through Creativity: Utilizing creative outlets as a means of emotional expression and healing.
- Integration of Connections: Creating a holistic approach to well-being by nurturing connections to self, others, and love.

Daily Overview:
-Day 1: Reflecting on teenage-based trauma and its impact on mental health.
- Day 2: Expressing love and compassion towards oneself through letter writing.
- Day 3: Nurturing connections to others through meaningful conversations.
- Day 4: Exploring challenges and opportunities in post-trauma relationships.
- Day 5: Practicing self-love Practices and activities for personal well-being.
- Day 6: Engaging in creative expression as a form of self-love and healing.
- Day 7: Integrating self-connection, connection to others, and connection to love into daily life for optimal well-being.



ELEMENT OF FIRE

Weekly Topic: Teenage-Based Trauma
Weekly Lens: Love
Day 1: Understanding Teenage-Based Trauma
Subtopic: Exploring common sources of trauma during adolescence
Focus: Understanding how teenage-based trauma affects mental health

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Think about times when you or someone you know experienced teenage-based trauma. Write down at least three instances and how they might have impacted your or their mental health.

- Connection to Optimal Self: Build a connection with yourself through reflection.

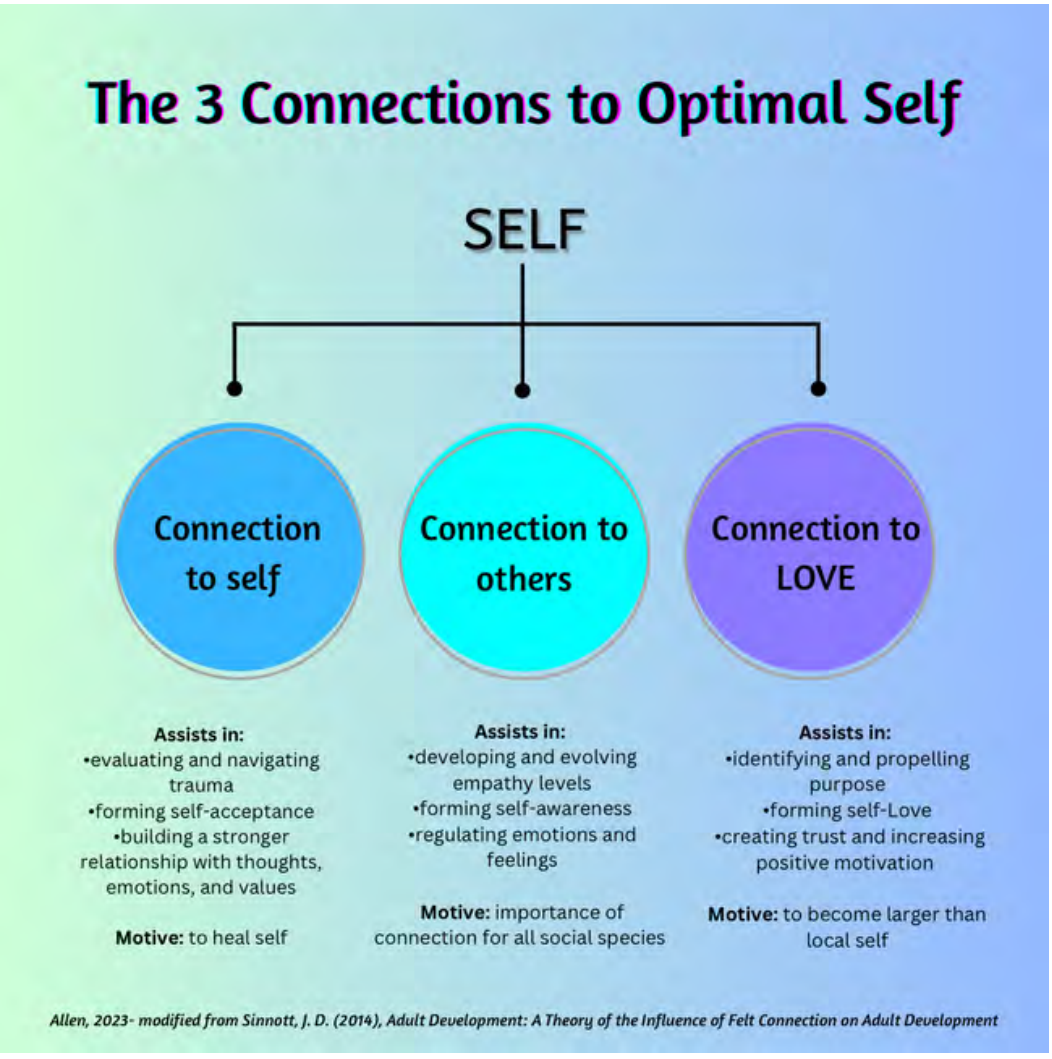
Here are some brief examples of childhood trauma:
1. Witnessing parental substance abuse.
2. Experiencing neglect due to parental mental health issues.
3. Enduring emotional abuse from a caregiver.
4. Being involved in a serious car accident.
5. Surviving a natural disaster like a hurricane or earthquake.
6. Being bullied or harassed at school.
7. Living in a household with domestic violence.
8. Experiencing a sudden loss of a loved one.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 6
The Four Agreements by Don Miguel Ruiz
-Book: Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster by Kristen Johnston
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Recovery Rocks

ELEMENT OF FIRE

Day 1: Understanding Teenage-Based Trauma
Subtopic: Exploring common sources of trauma during adolescence
Focus: Understanding how teenage-based trauma affects mental health

Connection to Optimal Self: Build a connection with yourself through reflection.





ELEMENT OF FIRE

Weekly Topic: Teenage-Based Trauma
Weekly Lens: Love
Day 2: Love as a Healing Force
Subtopic: Examining love's role in trauma recovery
Focus: Recognizing how love can transform

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Agreement 4 - Always Do Your Best
As we reach the final agreement, Ruiz offers a guiding principle for living a life of fulfillment and purpose: always do your best. Regardless of the circumstances or outcomes, committing to our personal best empowers us to honor our potential and live with integrity. By letting go of perfectionism and comparison, we cultivate self-compassion and resilience in the face of challenges. Embracing this agreement invites us to approach each moment with presence and intention, embracing the journey of self-discovery and growth.

Daily Call to Action: Write a letter to yourself, showing love and kindness. Include specific words of encouragement that resonate with you deeply.

- Connection to Optimal Self: Strengthen your relationship with yourself through self-compassion.

Supplemental Materials:
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-Movie/Docu: "Alive Inside" (2014)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Teenage-Based Trauma
Weekly Lens: Love
Day 3: Connection to Others in Trauma Recovery
Subtopic: Exploring the importance of social support in trauma recovery
Focus: Understanding the value of connections with others

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Reach out to a friend or support person for a chat. Share with them something you appreciate about their support and thank them for being there for you.

- Connection to Optimal Self: Nurture connections with others for improved well-being.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 6
The Four Agreements by Don Miguel Ruiz
-Book: Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster by Kristen Johnston
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Teenage-Based Trauma
Weekly Lens: Love
Day 4: Navigating Love and Relationships Post-Trauma
Subtopic: Addressing challenges and opportunities in post-trauma relationships
Focus: Understanding how trauma affects relationships

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Engage in an open and honest dialogue with a partner or loved one. Delve into a challenge you've encountered in navigating relationships after experiencing trauma, and collaborate to identify strategies for overcoming it together.

Initiate a heartfelt conversation with your partner or loved one, creating a safe space for vulnerability and mutual understanding. Share with them a specific challenge you've faced in navigating relationships following a traumatic experience, such as struggling with trust issues, difficulty expressing emotions, or experiencing triggers that evoke past trauma.

As you open up about your experiences, encourage your partner to actively listen with empathy and without judgment. Allow them to share their thoughts and feelings in response, fostering a sense of mutual support and validation.

- Connection to Optimal Self: Strengthen your connection to love through healthy relationships.

Supplemental Materials:
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The Four Agreements by Don Miguel Ruiz
-Book: Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster by Kristen Johnston
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Teenage-Based Trauma
Weekly Lens: Love
Day 5: Self-Love and Trauma Recovery
Subtopic: Exploring practices for fostering self-love in trauma recovery
Focus: Recognizing the importance of self-compassion

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Engage in an activity that makes you feel appreciated and valued for at least 15 minutes.

Here are 5 activities examples to feel appreciated and valued:
1. Gratitude Journaling: Reflect on what you're grateful for and write it down.
2. Practice Self-Compassion: Engage in meditation or affirmations to treat yourself kindly.
3. Hobbies for Joy: Dedicate time to activities you love, like painting or gardening.
4. Relaxing Bath: Pamper yourself with a warm bath, candles, and soothing music.
5. Positive Affirmations: Read or recite affirmations to boost self-esteem and positivity.

- Connection to Optimal Self: Deepen your connection with yourself through self-love practices.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 6
The Four Agreements by Don Miguel Ruiz
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-Movie/Docu: "Alive Inside" (2014)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Teenage-Based Trauma
Weekly Lens: Love

Day 6: Expressing Love through Creativity
Subtopic: Using creative outlets for emotional expression and healing
Focus: Tapping into creativity as a way to show love

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Take part in a creative activity such as writing, drawing, or making music. Allow yourself to express any emotions or thoughts freely.

- Connection to Optimal Self: Express love through creative self-expression.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 6
The Four Agreements by Don Miguel Ruiz
-Book: Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster by Kristen Johnston
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Teenage-Based Trauma
Weekly Lens: Love
Day 7: Integrating Three Connections to Optimal Self
Subtopic: Bringing together self-connection, connection to others, and connection to love
Focus: Creating a balanced approach to overall well-being

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Reflect on how you can integrate the three connections - to your optimal self, to others, and to love - into your daily life. Identify three actionable steps you can take to nurture each of these connections moving forward.

- Connection to Optimal Self: Embrace a holistic approach to self-development, encompassing physical, mental, and emotional well-being. Write down three actions you can take to foster this connection, such as setting aside time for self-care practices, engaging in regular exercise or meditation, and cultivating positive self-talk and affirmations to promote self-love and acceptance.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 6
The Four Agreements by Don Miguel Ruiz
-Book: Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster by Kristen Johnston
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Recovery Rocks

ELEMENT OF FIRE

Week 8: Mindful Pathways via Visualization

Weekly Topic: Mindful Pathways via Visualization
Weekly Lens: Respect
The Trait-Based Model of Recovery: Module 3 — Lesson 11

Summary:
This week, participants will embark on a journey of self-discovery and empowerment through the exploration of mindful pathways and visualization techniques. By understanding the concept of mindful pathways, harnessing the power of visualization, and practicing respectful self-visualization, individuals will cultivate self-awareness, emotional regulation, and goal achievement. Through reflective exercises and practical applications, participants will deepen their connection to the optimal self, fostering self-respect and empowerment.

Key Concepts:
- Mindful Pathways: Exploring the role of mindful pathways in enhancing self-awareness and personal growth.
- Visualization Techniques: Harnessing visualization as a powerful tool for emotional regulation, goal achievement, and self-empowerment.
- Respectful Self-Visualization: Approaching self-visualization with kindness, compassion, and respect to nurture a positive self-image.
- Integration and Reflection: Reflecting on the impact of visualization practices on self-esteem and well-being, and integrating respectful visualization into daily life.

Daily Overview:
Day 1: Introduction to mindful pathways and cultivating awareness through visualization.
- Day 2: Harnessing visualization for personal growth and empowerment.
- Day 3: Exploring diverse visualization techniques for mindful self-reflection.
- Day 4: Using visualization for emotional regulation during moments of stress or anxiety.
- Day 5: Nurturing self-respect and a positive self-image through compassionate self-visualization.
- Day 6: Visualizing steps toward personal and professional goals to align actions with desired outcomes.
- Day 7: Reflecting on the integration of respectful visualization practices and their impact on self-esteem and well-being, and expressing gratitude for personal growth.

ELEMENT OF FIRE

Weekly Topic: Mindful Pathways via Visualization
Weekly Lens: Respect

Day 1: Introduction to Mindful Pathways
Subtopic: Understanding How Mindful Pathways Benefit You
Focus: Cultivating Awareness through Visualization
The Trait-Based Model of Recovery: Module 3 — Lesson 11

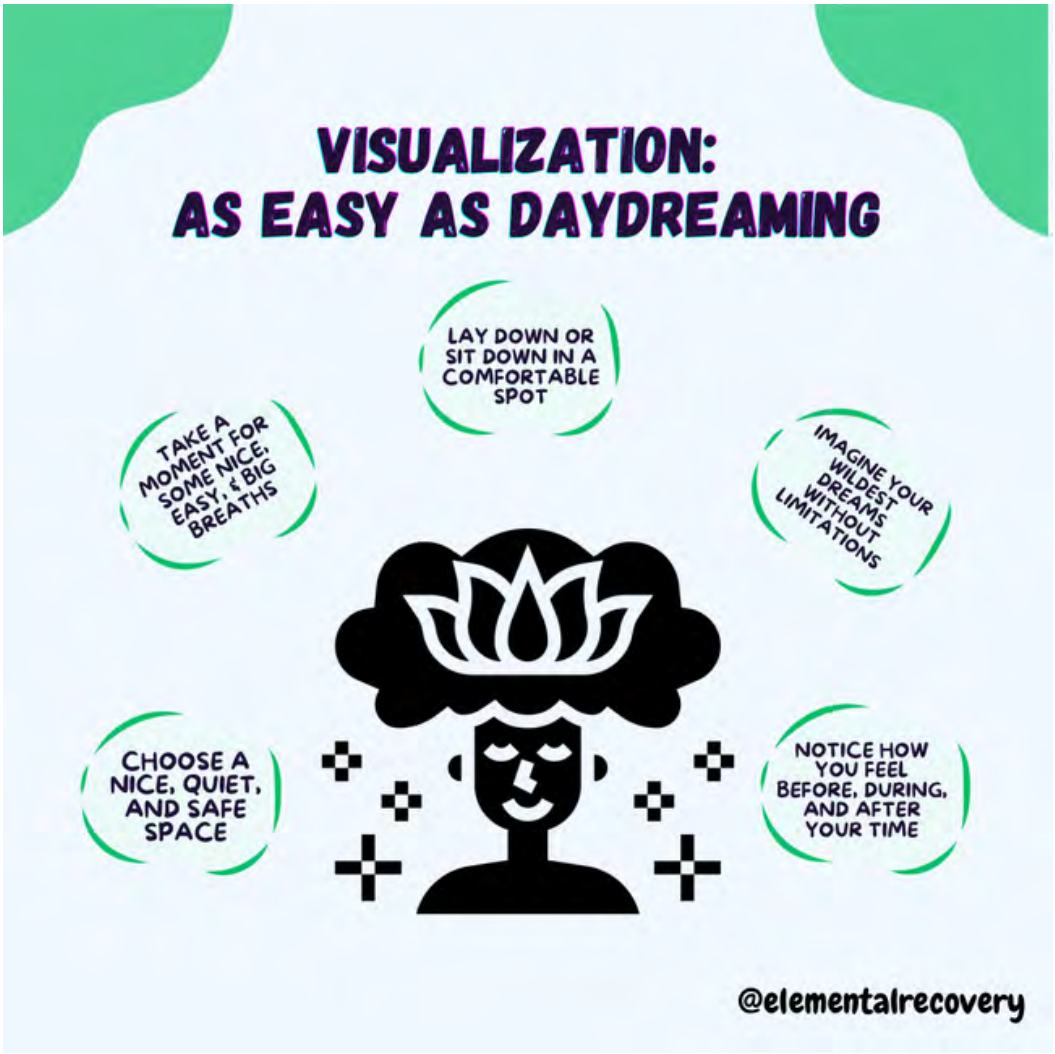
Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and

Conclusion: Integrating the Four Agreements
As we conclude our exploration of "The Four Agreements," we reflect on the profound wisdom imparted by Don Miguel Ruiz. Through these timeless principles, we've uncovered pathways to personal freedom, authenticity, and inner peace. As we integrate the agreements into our daily lives, may we continue to cultivate mindfulness, compassion, and integrity in all that we do. Let us support each other on this journey of self-discovery and transformation, knowing that each step we take brings us closer to living our most authentic and fulfilling lives.
Daily Call to Action: Getting to know yourself better through mindful pathways.
1. Find a quiet, comfy spot where you won't be bothered.
2. Close your eyes and take some deep breaths to relax.
3. Imagine yourself strolling along a peaceful path in nature. Pay attention to what you see, hear, and feel around you.
4. As you walk, picture any worries or thoughts gently drifting away, like leaves floating down a stream.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 3 — Lesson 11
The Four Agreements by Don Miguel Ruiz
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Touching the Void" (2003)
-Podcast: Elevation Recovery

ELEMENT OF FIRE

Day 1: Introduction to Mindful Pathways
Subtopic: Understanding How Mindful Pathways Benefit You
Focus: Cultivating Awareness through Visualization





ELEMENT OF FIRE

Weekly Topic: Mindful Pathways via Visualization
Weekly Lens: Respect
Day 2: The Power of Visualization
Subtopic: How Visualization Affects Your Mental Well-Being
Focus: Using Visualization to Boost Personal Growth

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and

Daily Call to Action: Feeling stronger by imagining good things.

1. Sit somewhere quiet and cozy where you can focus.
2. Close your eyes and take deep breaths to chill out.
3. Picture yourself reaching a specific goal or overcoming a tough challenge. Imagine every detail, like how you feel and what's happening around you.
4. Use all your senses to make the visualization as real as possible.
5. Spend 5-10 minutes in this visualization, soaking up all the positive vibes it brings.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 3 — Lesson 11
The Four Agreements by Don Miguel Ruiz
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Touching the Void" (2003)
-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Mindful Pathways via Visualization
Weekly Lens: Respect

Day 3: Mindful Visualization Techniques
Subtopic: Learning New Ways to Visualize
Focus: Testing Out Various Visualization Practices

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and

Daily Call to Action: Learning cool tricks for thinking about yourself.

1. Check out different visualization techniques like guided imagery or picturing your future self.
2. Pick one that feels right for you and give it a go.
3. Follow the instructions for that technique, staying focused and in the moment.
4. Afterward, think about how you feel and any new ideas you got.
5. Think about adding this technique to your daily routine for more self-reflection and growth.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 3 — Lesson 11
The Four Agreements by Don Miguel Ruiz
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Touching the Void" (2003)
-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Mindful Pathways via Visualization
Weekly Lens: Respect

Day 4: Visualization for Handling Emotions
Subtopic: Managing Your Emotions with Visualization
Focus: Calming Down Using Visualization

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and

Daily Call to Action: Feeling better by imagining being cool under pressure.

1. Think of a time recently when you felt stressed or anxious.
2. Sit down comfortably, close your eyes, and breathe deeply.
3. Picture the stressful moment, but this time, see yourself staying calm and in control.
4. Imagine handling the situation smoothly, feeling confident and collected.
5. Stay with this image until you feel calm and reassured.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 3 — Lesson 11
The Four Agreements by Don Miguel Ruiz
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Touching the Void" (2003)
-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Mindful Pathways via Visualization
Weekly Lens: Respect

Day 5: Being Kind to Yourself with Visualization
Subtopic: Treating Yourself Right with Visualization
Focus: Feeling Good About Yourself with Visualization

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and

Daily Call to Action: Boosting your self-respect with positive thoughts.

1. Find a peaceful spot and take some time for yourself.
2. Close your eyes and take deep breaths to relax.
3. Picture yourself as a loving, supportive friend standing by your side.
4. Let this inner friend say kind, encouraging things to you as you picture yourself in different situations.
5. Feel the warmth and respect for yourself during this exercise.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 3 — Lesson 11
The Four Agreements by Don Miguel Ruiz
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Touching the Void" (2003)
-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Mindful Pathways via Visualization
Weekly Lens: Respect

Day 6: Visualizing Your Goals
Subtopic: Using Visualization to Make Your Dreams Happen
Focus: Seeing Yourself Succeeding

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and

Daily Call to Action: Making your dreams feel real through visualization.

1. Think of a specific goal you want to achieve.
2. Sit somewhere quiet where you can concentrate.
3. Close your eyes and imagine already reaching that goal. Picture every step you took, all the obstacles you faced, and how awesome it feels to succeed.
4. Make the visualization as real as you can, using all your senses.
5. Spend a few minutes really feeling the joy and satisfaction of reaching your goal.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 3 — Lesson 11
The Four Agreements by Don Miguel Ruiz
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Touching the Void" (2003)
-Podcast: Elevation Recovery



ELEMENT OF FIRE

Weekly Topic: Mindful Pathways via Visualization
Weekly Lens: Respect

Day 7: Bringing Respect into Visualization
Subtopic: Using Respectful Visualization
Focus: Seeing How Respect Changes Your Self-Image

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and

Daily Call to Action: Feeling more respect for yourself through visualization.

1. Think back on all the times you visualized this week, especially when you were kind to yourself.
2. Write about what you learned and how it made you feel more confident.
3. Think about how you can keep up the positive visualization to feel better about yourself every day.
4. Take a moment to thank yourself for the effort you put into this practice.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 3 — Lesson 11
The Four Agreements by Don Miguel Ruiz
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
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-Podcast: Elevation Recovery

ELEMENT OF FIRE

Week 9: Childhood Dreams

Weekly Topic: Childhood Dreams
Weekly Lens: Trust
Trait-Based Recovery: Introduction to the Recovery Journey Archetypes: Module 2 — Lesson 10

Summary:

In Week 9, we embark on a journey of rediscovery, delving into the dreams and aspirations of childhood to uncover valuable insights that can guide us towards a more fulfilling life. By reconnecting with our youthful aspirations, understanding their influence on our present choices, and fostering trust in our journey of self-discovery, we open ourselves to new possibilities for growth and fulfillment.

Exploring the archetypes of the recovery journey, as outlined in the Trait-Based Model, unveils a transformative approach to leadership development. Each archetype—Ruler, Lover, Enchanter, and Champion—offers a unique lens through which individuals can understand and leverage their inherent traits on the path to healing and self-discovery.

Key Concepts:

-Revisiting Childhood Dreams: Reflecting on childhood dreams and aspirations to gain clarity on personal passions and interests.
- Influence of Childhood Dreams: Understanding how early aspirations shape adult perspectives, goals, and decision-making processes.
- Trusting the Path: Embracing trust in the pursuit of childhood-inspired goals, cultivating confidence in the journey towards aspirations.
- Nurturing the Inner Child: Connecting with the inner child's needs and desires, fostering joy and playfulness in daily life.
- Overcoming Barriers: Identifying and addressing obstacles that may hinder the pursuit of childhood dreams, building
resilience in the face of challenges.
- Journey of Self-Discovery: Embracing self-discovery as an ongoing process, finding trust in the continual evolution of the self.

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Daily Overview: - Day 1: Reflect on childhood dreams and aspirations. Write them down in detail.
- Day 2: Journal about how childhood dreams influence current goals and decision-making processes.
- Day 3: Develop a plan to pursue a childhood-inspired goal.
- Day 4: Engage in an activity that brings joy and playfulness.
- Day 5: Identify obstacles to childhood dreams and brainstorm actionable steps to address them.
- Day 6: Reflect on your personal journey of self-discovery and write down insights.
- Day 7: Integrate trust into daily decisions and actions, aligning them with personal values and aspirations.



ELEMENT OF FIRE

Weekly Topic: Childhood Dreams
Weekly Lens: Trust
Day 1: Exploring Childhood Dreams and Aspirations
Subtopic: Reflecting on Childhood Dreams
Focus: Rediscovering and Reconnecting with Childhood Aspirations
Trait-Based Recovery: Introduction to the Recovery Journey Archetypes: Module 2— Lesson 10

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Reflective Journaling

1. Take a few deep breaths to center yourself and bring your attention to the present moment.
2. Open your journal or a piece of paper and write down the following prompt: "Think back to your childhood. What were your dreams and aspirations?"
3. Take some time to reflect on your childhood dreams. Think about what you wanted to be when you grew up, what activities or hobbies brought you joy, and any goals or aspirations you had.
4. Write down your thoughts and memories in detail. Describe your dreams and aspirations as vividly as you can, and explore why they were meaningful to you at the time.
5. Once you've finished writing, take a moment to read over what you've written and reflect on any insights or emotions that arise.

Supplemental Materials:
Trait-Based Recovery: Introduction to the Recovery Journey Archetypes: Module 2 — Lesson 10
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "Life in a Day" (2011)*
-Podcast: Recovery On-Air

ELEMENT OF FIRE

Weekly Topic: Childhood Dreams
Weekly Lens: Trust

Day 2: How Childhood Dreams Shape Your Life

Subtopic: Understanding how your childhood dreams affect how you see the world now

Focus: Seeing how your dreams from when you were young impact the goals and choices you make today

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Exploring the archetypes of the recovery journey, as outlined in the Trait-Based Model, unveils a transformative approach to leadership development.

The Enchanter:

The Enchanter archetype, rooted in creativity and transformation, inspires innovation and fresh perspectives. Leaders embodying the Enchanter archetype contribute to an environment of creative problem-solving and personal growth. Embracing this archetype can be a catalyst for overcoming obstacles and fostering a profound journey of self-discovery. Leaders who align with the Enchanter archetype bring innovation and a fresh perspective to their recovery journey, fostering an environment of creative problem-solving and personal growth.

Daily Call to Action: Learn more about what motivates you and what you really want. Spend 20 minutes writing (or audio) in a journal about how the dreams you had as a child have influenced what you want to do now and the decisions you make.

Supplemental Materials:

Trait-Based Recovery: Introduction to the Recovery Journey Archetypes: Module 2 — Lesson 10

-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman

-Movie/Docu: "Life in a Day" (2011)*

-Podcast: Recovery On-Air



ELEMENT OF FIRE

Weekly Topic: Childhood Dreams
Weekly Lens: Trust

Day 3: Trusting Your Childhood Dreams
Subtopic: Learning to believe in yourself as you chase after your childhood dreams
Focus: Feeling sure about working towards your dreams

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Feeling confident that your dreams are worth chasing and that you can reach them.

Take 30 minutes to plan out how you can start going after one of the dreams you had when you were younger. Break down what you need to do into smaller steps. Once you have written this dream(s), reflect on how that dream fits into the here-and-now, and how you can honor your past self by setting goals to accomplish that dream.

Supplemental Materials:
Trait-Based Recovery: Introduction to the Recovery Journey Archetypes: Module 2 — Lesson 10
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "Life in a Day" (2011)*
-Podcast: Recovery On-Air



ELEMENT OF FIRE

Weekly Topic: Childhood Dreams
Weekly Lens: Trust

Day 4: Taking Care of Your Inner Child
Subtopic: Understanding what your inner child needs and wants
Focus: Doing things that make you feel happy and playful

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

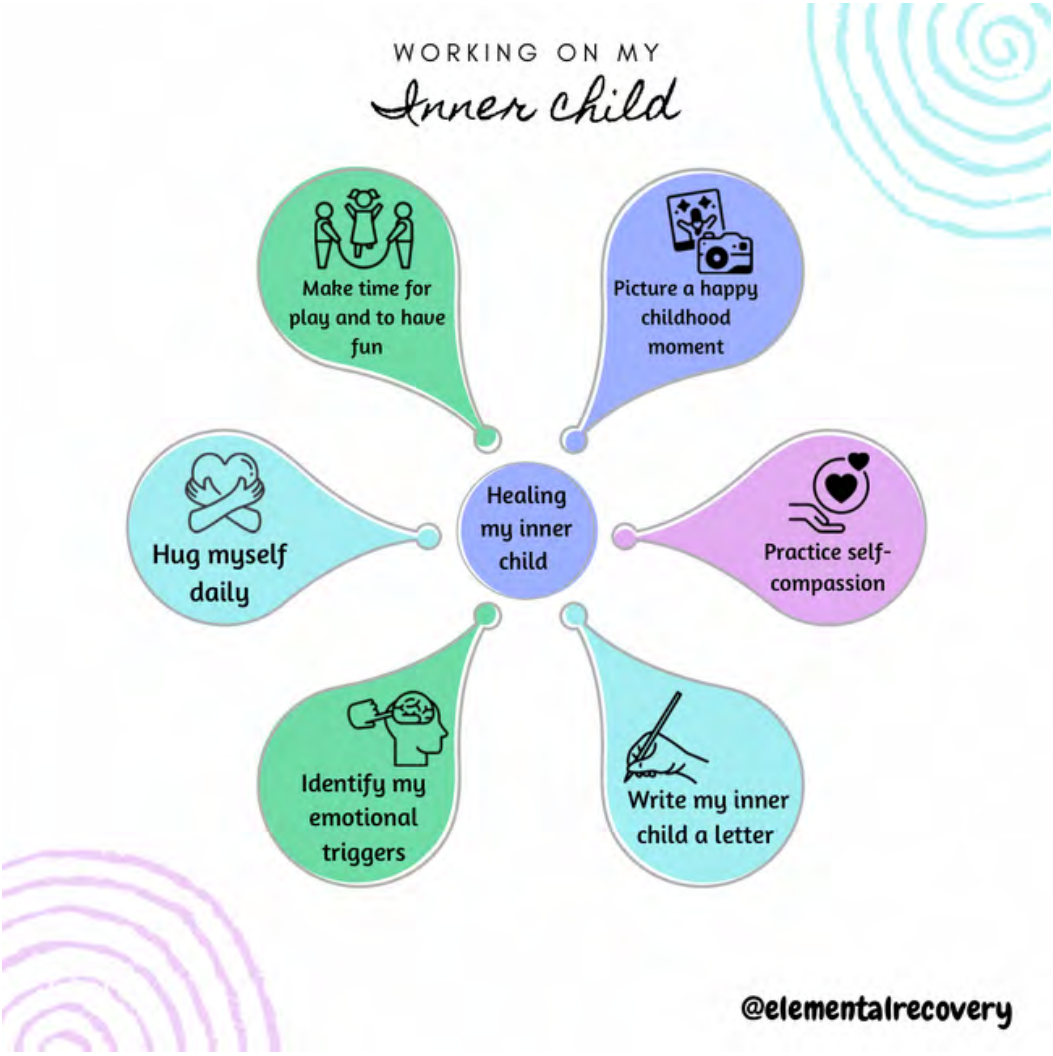
Daily Call to Action: Looking after yourself by connecting with the things that used to bring you joy.

Set aside 15-30 minutes to do something you loved doing as a child but might not have done lately. Enjoy the fun and happiness it brings.

Supplemental Materials:
Trait-Based Recovery: Introduction to the Recovery Journey Archetypes: Module 2 — Lesson 10
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-Podcast: Recovery On-Air

ELEMENT OF FIRE

Day 4: Taking Care of Your Inner Child
Subtopic: Understanding what your inner child needs and wants
Focus: Doing things that make you feel happy and playful





ELEMENT OF FIRE

Weekly Topic: Childhood Dreams
Weekly Lens: Trust

Day 5: Breaking Down Barriers to Your Dreams
Subtopic: Figuring out what's stopping you from going after your dreams and finding ways to deal with those challenges
Focus: Making plans to get past the things standing in your way

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Getting stronger as you face challenges on the road to your childhood dreams. Spend 20 minutes thinking about what might stop you from going after the dreams you had as a child. Then, think of ways to deal with each problem.

1. Reflect (10 minutes): Take 10 minutes to identify obstacles that may hinder you from pursuing your childhood dreams. Write them down.
2. Problem-Solve (10 minutes): Spend the next 10 minutes brainstorming solutions for each obstacle. Focus on practical steps and resources.
3. Commit (5 minutes):*Choose one or two obstacles to address first. Set specific goals and action plans to overcome them. Write down your commitment and visualize your progress.

Supplemental Materials:
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-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
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-Podcast: Recovery On-Air



ELEMENT OF FIRE

Weekly Topic: Childhood Dreams
Weekly Lens: Trust

Day 6: Trusting Your Journey of Self-Discovery
Subtopic: Being okay with the fact that you're always learning more about yourself
Focus: Feeling sure that you're growing and changing in the right direction

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Exploring Your Journey of Self-Discovery

1. Reflect (15 minutes): Take 15 minutes to delve into your journey of self-discovery. Reflect on the experiences, challenges, and moments of growth that have shaped who you are today. Consider how you've evolved and what aspects of yourself you've come to understand better.
2. Journaling (15 minutes): Spend the next 15 minutes writing down any new realizations or insights you have about yourself during this reflection. Explore how you've been changing and learning over time, and embrace the confidence that comes with this ongoing journey of self-discovery.

Through this activity, you'll gain a deeper understanding of yourself and feel more confident in the person you're becoming as you continue to learn and grow each day.

Supplemental Materials:

Trait-Based Recovery: Introduction to the Recovery Journey Archetypes: Module 2 — Lesson 10
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "Life in a Day" (2011)*
-Podcast: Recovery On-Air



ELEMENT OF FIRE

Weekly Topic: Childhood Dreams
Weekly Lens: Trust

Day 7: Bringing Trust into Your Everyday Life
Subtopic: Making decisions based on how much you trust yourself and your journey
Focus: Thinking about your choices in terms of trust

Elemental Information: In the element of Fire, individuals ignite their inner flames, signaling the start of a transformative journey. As we progress through the burning phase and into the next four weeks, we explore and grow, fueled by our desires. Through dynamic practices like breath-work and movement meditation, participants cultivate trust in themselves, harnessing fiery energy to propel forward. Symbolic rituals, like embodying fire's energy through movement, foster personal evolution and emotional expression. Embracing self-discovery, we ignite our passion to guide us through this transformative journey.

Daily Call to Action: Practicing Active and Intentional Decision-Making

Before making decisions, ask yourself, 'Does this align with my beliefs and goals?' Notice how this impacts your actions. Connection to Your Best Self: Make choices that resonate with your beliefs and journey, leading to a greater sense of well-being.

Supplemental Materials:
Trait-Based Recovery: Introduction to the Recovery Journey Archetypes: Module 2 — Lesson 10
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-Movie/Docu: "Life in a Day" (2011)*
-Podcast: Recovery On-Air

ELEMENT OF FIRE

Week 10: What's Blocking my Way Forward?

Weekly Topic: What's Blocking my Way Forward?
Weekly Lens: Commitment
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2—Lesson 8

Summary:
In Week 10, we embark on a journey to identify and overcome obstacles that may be impeding our progress and hindering our personal growth. Through introspection, reflection, and strategic planning, participants will develop a deeper understanding of the challenges they face and cultivate resilience to overcome them. By fostering a mindset of perseverance and aligning daily actions with personal commitments, individuals will take significant strides towards realizing their goals and aspirations.

Key Concepts:
- Recognizing Obstacles: Identifying internal and external barriers that hinder progress and personal development.
- Understanding Resistance: Exploring internal resistance patterns and their impact on goal attainment.
- Commitment and Determination: Harnessing the power of dedication and perseverance to overcome challenges.
- Developing Strategies: Creating actionable plans and practical strategies to navigate obstacles effectively.
- Manifesting Commitment: Aligning daily actions with personal commitments and goals to drive progress and success.

Daily Overview:
- Day 1: Identify obstacles hindering personal progress and reflect on their impact.
- Day 2: Explore internal resistance patterns and their influence on goal attainment.
- Day 3: Evaluate external factors affecting progress and develop strategies to address them.
- Day 4: Reaffirm commitment and dedication to overcoming identified obstacles.
- Day 5: Develop practical strategies for breaking through barriers and achieving goals.
- Day 6: Cultivate a mindset of perseverance through positive self-talk and reflection.
- Day 7: Manifest commitment in daily actions by aligning choices with personal goals and aspirations.



ELEMENT OF FIRE

Weekly Topic: What's Blocking my Way Forward?
Weekly Lens: Commitment

Day 1: Identifying Obstacles
Subtopic: Identifying barriers on your path forward
Focus: Increasing your awareness of challenges
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2— Lesson 8

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 10 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

The Ruler archetype embodies qualities of leadership, discipline, and control. Those resonating with this archetype seek order and structure in their recovery journey, aspiring to attain a sense of mastery over their challenges. Leaders embracing the Ruler archetype bring a strategic and organized approach to their recovery, setting the foundation for effective decision-making and sustainable progress.

Daily Call to Action: Dedicate 15-20 minutes to sit down with a journal or a blank piece of paper. Begin by reflecting on recent challenges or goals where your progress has been hindered. Then, list these obstacles in detail, specifying both internal barriers (such as limiting beliefs or self-doubt) and external challenges (such as time constraints or lack of resources). After listing them, prioritize the obstacles based on their impact and consider potential strategies for overcoming them.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2— Lesson 8
-Book: High Achiever: The Incredible True Story of One Addict's Double Life by Tiffany Jenkins
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: What's Blocking my Way Forward?
Weekly Lens: Commitment

Day 2: Understanding Personal Resistance
Subtopic: Exploring internal resistance to change
Focus: Uncovering the underlying reasons for your resistance

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 10 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
"Create a tranquil environment free from distractions. Set aside 10-15 minutes for journaling about recent situations or goals that sparked resistance within you. Document your thoughts, emotions, and recurring patterns in your reactions. Next, delve into the root causes of this resistance. Explore potential fears, past experiences, or limiting beliefs that may be influencing your response. Reflect on how understanding these factors can enhance your ability to navigate resistance effectively in the future.

Connection to Optimal Self: By exploring personal resistance, you unlock valuable insights that empower you to overcome challenges and align your actions with your authentic aspirations."

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2— Lesson 8
-Book: High Achiever: The Incredible True Story of One Addict's Double Life by Tiffany Jenkins
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Far From Finished

ELEMENT OF FIRE

Day 2: Understanding Personal Resistance
Subtopic: Exploring internal resistance to change
Focus: Uncovering the underlying reasons for your resistance





ELEMENT OF FIRE

Weekly Topic: What's Blocking my Way Forward?
Weekly Lens: Commitment

Day 3: External Influences on Progress
Subtopic: Examining external factors affecting your progress
Focus: Identifying external challenges and their impact

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 10 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action: Evaluating External Influences
1. Set aside time: Allocate a specific period to reflect on your environment and the external factors affecting your progress. Choose a quiet and comfortable space where you can focus without distractions.
2. Consider various factors: Reflect on different aspects of your life, including your social circle, work or study environment, and daily routines. Think about how each of these elements may be impacting your journey and objectives.
3. Identify obstacles: Take note of any external barriers or challenges that may be hindering your growth or goals. Be honest with yourself about the factors that are holding you back.
4. Brainstorm solutions: Once you've identified the obstacles, brainstorm potential adjustments or strategies to mitigate their impact on your progress. Think creatively and consider both short-term and long-term solutions.
Connection to Optimal Self: By recognizing and addressing external influences, you empower yourself to create a supportive environment conducive to personal development and success.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2— Lesson 8
-Book: High Achiever: The Incredible True Story of One Addict's Double Life by Tiffany Jenkins
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: What's Blocking my Way Forward?
Weekly Lens: Commitment

Day 4: Commitment as a Catalyst
Subtopic: Exploring the role of commitment in overcoming obstacles
Focus: Understanding the power of your personal dedication

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 10 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action: Set aside time for introspection and goal-setting. Reflect on your core values and long-term aspirations. Once you've clarified your priorities, reaffirm your commitment to overcoming the obstacles identified earlier in the week. Write a personal commitment statement outlining your determination to tackle these challenges and stay focused on your goals, no matter the setbacks.

- Connection to Optimal Self: By reaffirming your commitment, you reinforce your sense of purpose and resilience, laying a strong foundation for overcoming obstacles and achieving personal growth.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2— Lesson 8
-Book: High Achiever: The Incredible True Story of One Addict's Double Life by Tiffany Jenkins
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: What's Blocking my Way Forward?
Weekly Lens: Commitment

Day 5: Strategies for Breaking Through Barriers
Subtopic: Developing effective strategies for overcoming challenges
Focus: Creating actionable plans for progress

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 10 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action: Take proactive steps to develop strategies for overcoming the obstacles identified earlier in the week. Dedicate time to brainstorming potential solutions or approaches for each obstacle. Break down these solutions into actionable steps, setting clear goals and deadlines where applicable. By the end of the day, create a comprehensive action plan outlining the steps you'll take to address each obstacle systematically.

- Connection to Optimal Self: By devising practical strategies, you equip yourself with the tools needed to navigate challenges effectively and move closer to your goals with confidence.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2— Lesson 8
-Book: High Achiever: The Incredible True Story of One Addict's Double Life by Tiffany Jenkins
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: What's Blocking my Way Forward?
Weekly Lens: Commitment

Day 6: Fostering a Mindset of Perseverance

Subtopic: Embracing a resilient and determined mindset
Focus: Shifting your perspective towards perseverance

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 10 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
Dedicate time for self-reflection and mindset cultivation. Reflect on past experiences where perseverance played a crucial role in overcoming challenges or achieving success. Draw inspiration from these experiences to cultivate a resilient mindset. Throughout the day, practice affirmations and positive self-talk centered around perseverance and resilience. Embrace challenges as opportunities for growth, knowing that your determination will guide you through.

- Connection to Optimal Self: By fostering a mindset of perseverance, you strengthen your inner resilience and fortitude, empowering yourself to face obstacles with courage and determination.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2— Lesson 8
-Book: High Achiever: The Incredible True Story of One Addict's Double Life by Tiffany Jenkins
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Far From Finished



ELEMENT OF FIRE

Weekly Topic: What's Blocking my Way Forward?
Weekly Lens: Commitment

Day 7: Manifesting Commitment in Daily Actions

Subtopic: Incorporating commitment into your daily choices
Focus: Aligning your actions with commitment

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 10 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
Today, focus on aligning your daily actions with your commitment to overcoming obstacles and achieving your goals. Start by revisiting the action plan you created earlier in the week. Then, consciously make choices throughout the day that reflect your commitment and dedication. Whether it's prioritizing tasks, maintaining focus, or seeking support when needed, let your actions speak to your unwavering determination and resolve.

- Connection to Optimal Self: By consistently manifesting your commitment in daily actions, you reinforce your sense of purpose and actively contribute to your personal growth and success.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Ruler: Module 2— Lesson 8
-Book: High Achiever: The Incredible True Story of One Addict's Double Life by Tiffany Jenkins
-Movie/Docu: "Alive Inside" (2014)
-Podcast: Far From Finished

ELEMENT OF FIRE

Week 11: Burning Away Adult Based Traumas

Weekly Topic: Burning Away Adult Based Traumas
Weekly Lens: Prudence
Trait-Based Recovery: Exploring the Archetypes - The Champion: Module 2 — Lesson 9

Summary:

In Week 11, our focus shifts towards acknowledging and addressing adult-based trauma. Through self-reflection, exploration of triggers, and the nurturing of emotional resilience, participants will embark on a journey of healing and growth. By identifying obstacles, evaluating coping mechanisms, and manifesting prudence in daily choices, individuals will cultivate awareness and develop strategies for overcoming trauma-related challenges.

Key Concepts:

- Acknowledging Trauma: Bringing awareness to personal experiences of adult-based trauma.
- Understanding Triggers: Exploring triggers associated with trauma and their impact on emotional well-being.
- Healing Expression: Utilizing creative outlets as a tool for processing and healing trauma.
- Coping Mechanisms: Evaluating current coping strategies and developing healthier alternatives.
- Transformation of Negative Patterns: Initiating the process of transforming negative thought patterns associated with trauma.
- Emotional Resilience: Cultivating resilience and stability in the face of trauma-related challenges.
- Manifesting Prudence: Incorporating wisdom and caution into daily decisions for long-term well-being.

Daily Overview:

- Day 1: Acknowledging personal adult-based trauma through journaling.
- Day 2: Understanding triggers associated with trauma and their manifestations.
- Day 3: Engaging in healing expression through creative activities.
- Day 4: Evaluating current coping mechanisms and identifying healthier alternatives.
- Day 5: Initiating the process of transforming negative patterns through visualization meditation.
- Day 6: Cultivating emotional resilience through practice of emotional regulation techniques.
- Day 7: Manifesting prudence in daily choices to promote long-term well-being and healing.



ELEMENT OF FIRE

Weekly Topic: Burning Away Adult Based Traumas
Weekly Lens: Prudence

Day 1: Acknowledging Your Adult-Based Trauma
Subtopic: Identifying Your Adult-Based Trauma
Focus: Bringing Awareness to Your Personal Trauma Experiences
T**rait-Based Recovery**: Exploring the Archetypes - The Champion: Module 2 — Lesson 9

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 11 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

The Champion archetype, characterized by qualities of courage, resilience, and determination, empowers individuals to face adversity with unwavering purpose. Leaders embodying the Champion archetype tackle recovery challenges head-on, motivated by a strong sense of purpose and a commitment to conquering obstacles. This archetype cultivates a leadership style that inspires others, fostering a culture of courage and tenacity.

Daily Call to Action: Take 15 minutes to journal about any adult-based trauma experiences you can recall. Write down the specific events, emotions, and any insights you have about how they have impacted you.

- Connection to Your Optimal Self: Strengthening Your Self-Awareness Regarding Your Past Trauma.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Champion: Module 2 — Lesson 9
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Burning Away Adult Based Traumas
Weekly Lens: Prudence

Day 2: Understanding Your Trauma Triggers

Subtopic: Exploring Triggers Associated with Your Adult-Based Trauma
Focus: Recognizing Situations That May Activate Your Trauma Responses

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 11 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action: Spend time reflecting on your personal trauma triggers. Write down at least three triggers you've identified and consider how they show up in your thoughts, emotions, and behaviors in a triggering situation.

- Connection to Your Optimal Self: Enhancing Your Awareness of Potential Triggers for Healing.

Example: “My anxiety builds when I am running late/short on time, and I sometimes have a short temper. Being aware of this, I try to always give myself an extra 5-10 minute buffer when needing to accomplish time sensitive projects”.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Champion: Module 2 — Lesson 9
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Recovery Rocks

ELEMENT OF FIRE

Day 2: Understanding Your Trauma Triggers
Subtopic: Exploring Triggers Associated with Your Adult-Based Trauma
Focus: Recognizing Situations That May Activate Your Trauma Responses





ELEMENT OF FIRE

Weekly Topic: Burning Away Adult Based Traumas
Weekly Lens: Prudence

Day 3: Healing Through Your Expression
Subtopic: Exploring Creative Outlets for Trauma Healing
Focus: Utilizing Expression as a Healing Tool

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Daily Call to Action:
Engage in a creative activity such as painting, drawing, writing, or music for at least 30 minutes. Allow yourself to express any emotions or thoughts related to your trauma in a safe and constructive manner.

- Connection to Your Optimal Self: Integrating Healing Through Creative Outlets.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Champion: Module 2 — Lesson 9
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Burning Away Adult Based Traumas
Weekly Lens: Prudence

Day 4: Evaluating Your Coping Mechanisms

Subtopic: Assessing Your Current Coping Mechanisms
Focus: Identifying Healthy and Unhealthy Coping Strategies

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 11 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
Take inventory of your coping mechanisms. Write down three coping strategies you typically use when faced with stress or triggers. Evaluate each one, noting whether it is healthy or unhealthy, and how effective it is in helping you manage your emotions.

- Connection to Your Optimal Self: Developing Healthier Coping Mechanisms.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Champion: Module 2 — Lesson 9
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Burning Away Adult Based Traumas
Weekly Lens: Prudence

Day 5: Burning Away Your Negative Patterns

Subtopic: Transforming Negative Patterns Associated with Your Trauma
Focus: Initiating the Process of Pattern Transformation

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 11 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:

Find a quiet space and practice a visualization meditation for 20 minutes. Imagine negative patterns associated with your trauma as flames burning away, leaving behind space for positive growth and change.

- Connection to Your Optimal Self: Creating Space for Positive Growth and Change.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Champion: Module 2 — Lesson 9
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Burning Away Adult Based Traumas
Weekly Lens: Prudence

Day 6: Cultivating Your Emotional Resilience
Subtopic: Strengthening Emotional Resilience After Trauma
Focus: Nurturing Emotional Strength and Stability

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 11 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
Practice emotional regulation techniques for at least 15 minutes. This could include deep breathing exercises, progressive muscle relaxation, or mindfulness meditation. Pay attention to how these techniques help you manage any overwhelming emotions.

- Connection to Your Optimal Self: Building Resilience for Post-Traumatic Growth.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Champion: Module 2 — Lesson 9
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Recovery Rocks



ELEMENT OF FIRE

Weekly Topic: Burning Away Adult Based Traumas
Weekly Lens: Prudence

Day 7: Manifesting Prudence in Your Daily Choices

Subtopic: Incorporating Prudence into Your Daily Decisions
Focus: Making Choices Aligned with Wisdom and Caution

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 11 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
Throughout the day, pause before making decisions and consider the potential outcomes of each choice. Choose actions that align with your long-term well-being and goals, even if they may require more effort or patience.

- Connection to Your Optimal Self: Integrating Prudence as a Guiding Principle in Your Daily Life.

Supplemental Materials:
Trait-Based Recovery: Exploring the Archetypes - The Champion: Module 2 — Lesson 9
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Recovery Rocks

ELEMENT OF FIRE

Week 12: I'm Passionate About...

Weekly Topic: I'm Passionate About...
Weekly Lens: Confidentiality
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover:
Module 8 — Lesson 38

Summary: This week is dedicated to exploring and nurturing your passions to ignite a sense of purpose in your life. By identifying what truly excites and motivates you, you'll embark on a journey of self-discovery and personal growth. Through reflection, goal-setting, and sharing your passions with others, you'll cultivate a deeper connection to your optimal self and pave the way for greater fulfillment.

Key Themes:
- Passion Exploration: Delve into activities and interests that bring you joy and excitement.
- Goal Setting with Purpose: Align your goals with your passions to create a clear path forward.
- Sharing Stories: Communicate your passion narratives with others to foster connection and understanding.
- Overcoming Obstacles: Identify and address challenges that may hinder your pursuit of passion.
- Passion-Driven Self-Care: Prioritize activities that nourish your well-being and align with your passions.
- Reflecting on Growth: Evaluate the positive changes and insights gained through exploring your passions.
- Respectful Sharing: Honor the confidentiality of others' passion stories to build trust and deepen connections.

Daily Overview:
Day 1: Passion Exploration: Delve into activities and interests that bring you joy and excitement.
Day 2: Goal Setting with Purpose: Align your goals with your passions to create a clear path forward.
Day 3: Sharing Stories: Communicate your passion narratives with others to foster connection and understanding.
Day 4: Overcoming Obstacles: Identify and address challenges that may hinder your pursuit of passion.
Day 5: Passion-Driven Self-Care: Prioritize activities that nourish your well-being and align with your passions.
Day 6: Reflecting on Growth: Evaluate the positive changes and insights gained through exploring your passions.
Day 7: Respectful Sharing: Honor the confidentiality of others' passion stories to build trust and deepen connections.



ELEMENT OF FIRE

Weekly Topic: I'm Passionate About...
Weekly Lens:Confidentiality

Day 1: Exploring Your Passions
Subtopic: Finding out your personal passions
Focus: Think about activities or hobbies that make you feel happy and excited.
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover: Module 8 — Lesson 38

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 12 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

The Lover archetype places emphasis on connection, compassion, and empathy. Leaders resonating with this archetype find strength in building relationships and nurturing a sense of community throughout their recovery journey. The Lover archetype inspires leaders to prioritize the well-being of themselves and others, fostering a supportive and empathetic environment conducive to collective healing.

Daily Call to Action:
Spend 30 minutes brainstorming and writing down all the things that bring you joy and excitement. Try to be specific and list as many as you can think of.

- Connection to Optimal Self: By exploring your passions, you nurture a sense of purpose and fulfillment in your life.

Supplemental Materials:
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover: Module 8 — Lesson 38
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "Heal" (2017)
-Podcast: Landmark Recovery Radio

ELEMENT OF FIRE

Day 1: Exploring Your Passions
Subtopic: Finding out your personal passions
Focus: Think about activities or hobbies that make you feel happy and excited.





ELEMENT OF FIRE

Weekly Topic: I'm Passionate About...
Weekly Lens:Confidentiality

Day 2: Setting Goals with Passion

Subtopic: Making goals that match your passions

Focus: Decide on achievable goals that connect with your passions.

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 12 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
Today, set some goals for both the short-term and long-term that relate to the passions you identified yesterday. Write down at least three goals for each timeframe.

- Connection to Optimal Self: Creating goals based on your passions helps to keep you motivated and inspired.

Supplemental Materials:
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover: Module 8 — Lesson 38
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "Heal" (2017)
-Podcast: Landmark Recovery Radio



ELEMENT OF FIRE

Weekly Topic: I'm Passionate About...
Weekly Lens:Confidentiality

Day 3: Sharing Your Passion Stories
Subtopic: Telling others about what you love
Focus: Share stories about why your passions matter to you.

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 12 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action: Pick one passion from your list and write a short story or anecdote about why it's important to you. Share this story with someone you trust, like a friend or family member.

- Connection to Optimal Self: Building deeper connections with others by sharing stories about your passions.

Supplemental Materials:
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover: Module 8 — Lesson 38
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "Heal" (2017)
-Podcast: Landmark Recovery Radio



ELEMENT OF FIRE

Weekly Topic: I'm Passionate About...
Weekly Lens:Confidentiality

Day 4: Overcoming Challenges in Pursuing Your Passions

Subtopic: Facing and conquering barriers to your passions
Focus: Identify and find ways to overcome obstacles.

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 12 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
Take some time to think about things that might get in the way of you following your passions. Write down three specific obstacles and come up with ideas on how to beat each one.

- Connection to Optimal Self: Building resilience as you work through challenges to pursue your passions.

Supplemental Materials:
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover: Module 8 — Lesson 38
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "Heal" (2017)
-Podcast: Landmark Recovery Radio



ELEMENT OF FIRE

Weekly Topic: I'm Passionate About...
Weekly Lens:Confidentiality

Day 5: Taking Care of Yourself with Your Passions

Subtopic: Prioritizing well-being through activities you love
Focus: Make self-care a priority with activities related to your passions.

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 12 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action: Plan and do at least one activity today that's all about taking care of yourself and relates to one of your passions. Whether it's painting, hiking, or playing music, make time for something you love.

- Connection to Optimal Self: Boost your well-being by making self-care activities centered around your passions.

Supplemental Materials:
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover: Module 8 — Lesson 38
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "Heal" (2017)
-Podcast: Landmark Recovery Radio



ELEMENT OF FIRE

Weekly Topic: I'm Passionate About...
Weekly Lens:Confidentiality

Day 6: Reflecting on Your Growth through Passion
Subtopic: Evaluating how you've grown by exploring your passions
Focus: Look at the positive changes and lessons you've learned.

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 12 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action: Spend some time writing in your journal about how exploring your passions this week has helped you grow and what you've learned. Think about how these experiences have affected your sense of purpose.

- Connection to Optimal Self: Recognizing and celebrating your growth through exploring your passions.

Supplemental Materials:
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover: Module 8 — Lesson 38
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "Heal" (2017)
-Podcast: Landmark Recovery Radio



ELEMENT OF FIRE

Weekly Topic: I'm Passionate About...
Weekly Lens:Confidentiality

Day 7: Respecting Privacy When Sharing Your Passions

Subtopic: Showing respect for others' privacy in sharing about passions
Focus: Think about why it's important to keep some things private.

Elemental Information: In the element of Fire, individuals ignited their inner flames, marking the beginning of a transformative journey. Reflecting on the last 12 weeks, we've stoked the fires within, fueling our growth and exploration. As we continue into the next four weeks, our focus shifts towards seeking personal passion and embodying our dreams. Through dynamic practices like breath-work and movement meditation, we deepen our connection to ourselves and harness the fiery energy within. With each step, we embrace self-discovery and allow our passion to guide us forward on this transformative journey.

Daily Call to Action:
Reflect on the significance of confidentiality when sharing stories about your passions. Consider how respecting others' privacy helps to build trust and create stronger connections.

- Connection to Optimal Self: Building trust and deeper connections by being respectful and keeping passion stories confidential.

Supplemental Materials:
The Trait-Based Model of Recovery : Exploring the Archetypes - Lover: Module 8 — Lesson 38
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "Heal" (2017)
-Podcast: Landmark Recovery Radio

ELEMENT OF FIRE

Week 13: Dreaming Big...The Heart's the Limit

Weekly Topic: Dreaming Big...The Heart's the Limit

Weekly Lens: Communication

The Trait-Based Model of Recovery: Goal Setting - Module 3—Lesson 15

Summary:

This week marks a transition from the passionate exploration of Fire to the imaginative realm of Air, under the theme "Dreaming Big....The Heart is the Limit." Embrace this shift as you delve into the realm of dreams and aspirations, fostering effective communication, visualization, movement, vocal expression, and reflection to deepen your connection between passion and dreams.

Key Themes:

- Reflecting on Passion: Acknowledge personal growth and insights from the fire element journey.
- Transitioning to Dreams: Shift towards dreaming big and understanding the connection between passion and dreams.
- Effective Dream Communication: Enhance communication about dreams and aspirations.
- Visualization of Dreams: Utilize breathwork for clear visualization of dreams and aspirations.
- Capturing Dreams in Movement: Integrate movement such as dance or yoga to inspire and explore dreams.
- Expressing Dreams Vocally: Vocalize dreams and affirm aspirations through vocal expression.
- Wrapping Up Transition: Reflect on the transition from passion to dreaming big and explore the synergy between passion and dreams.

Daily Overview:

Day 1: Reflection on Passionate Journey
Day 2: Transitioning with Air's Breeze – Introduction to Dreams
Day 3: Communicating Dreams Effectively in the Air Element
Day 4: Visualizing Dream Pathways with the Airy Breeze
Day 5: Capturing Dreams in Airy Movement
Day 6: The Breath of Dreams in the Air – Wind Chimes and Vocal Expression
Day 7: Wrapping Up Fire's Embers – Transition Reflection



ELEMENT OF FIRE

Weekly Topic: Dreaming Big...The Heart's the Limit
Weekly Lens: Communication

Day 1: Reflecting on Your Passionate Journey

Subtopic: Reflecting on the fire element journey

Focus: Acknowledging personal growth and insights

The Trait-Based Model of Recovery: Goal Setting - Module 3—Lesson 15

Elemental Information: This week signifies a shift from the fiery exploration of passions to the imaginative space of dreams in the theme "Dreaming Big....The Heart is the Limit." Embrace this transition as you delve into your aspirations, focusing on effective communication, visualization, movement, vocal expression, and reflection. By connecting with your passions, you cultivate true confidence and learn to advocate for yourself and your well-being. Embrace this shift from fiery passion to airy dreams, deepening your connection to your aspirations and paving the path for greater fulfillment in your life.

Intro to the Connection to Self:
The Three Connections to Optimal Self model, based on Sinnott's (2014) Adult Development Theory, is fundamental to Elemental Recovery's holistic healing approach. It offers individuals a profound framework for self-discovery and well-being. Notably, Elemental Recovery redefines "Connection with the Transcendent" as "Connection to Love," embracing a broader spirituality. This intentional language shift reflects the commitment to inclusivity, ensuring all participants feel acknowledged and valued.

Daily Call to Action: Create a visual representation of your fire element journey by drawing or crafting a timeline. Reflect on each moment depicted and its significance in your journey.

- Connection to Optimal Self: Embrace the transformative power of passion by expressing your reflections creatively.

Supplemental Materials:
The Trait-Based Model of Recovery: Goal Setting: Module 3 - Lesson 15
Connection to Optimal Self Introduction; Exploring our Connection to Self
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "In Pursuit of Silence" (2015)
-Podcast: Airing Addiction



ELEMENT OF FIRE

Weekly Topic: Dreaming Big...The Heart's the Limit
Weekly Lens: Communication

Day 2: Transitioning with Air's Breeze – Introduction to Dreams

Subtopic: Shifting focus towards dreams and aspirations
Focus: Understanding the connection between passion and dreams

Elemental Information: This week signifies a shift from the fiery exploration of passions to the imaginative space of dreams in the theme "Dreaming Big....The Heart is the Limit." Embrace this transition as you delve into your aspirations, focusing on effective communication, visualization, movement, vocal expression, and reflection. By connecting with your passions, you cultivate true confidence and learn to advocate for yourself and your well-being. Embrace this shift from fiery passion to airy dreams, deepening your connection to your aspirations and paving the path for greater fulfillment in your life.

Exploring our Connection to Self

In Elemental Recovery, cultivating a strong Connection to Self is crucial. It forms the basis for healing and growth, allowing individuals to explore their thoughts, emotions, and beliefs. Through introspection and mindfulness practices, participants gain insight into their core values and aspirations, fostering self-awareness and inner harmony.

Daily Call to Action: Find a quiet space for reflection. Visualize yourself in a peaceful place and brainstorm dreams or aspirations. Reflect on why each dream matters to you and how achieving it would enhance your life.

- Connection to Optimal Self: Cultivate a mindset open to dreaming big through introspective exploration.

Supplemental Materials:

The Trait-Based Model of Recovery: Goal Setting: Module 3 - Lesson 15
Connection to Optimal Self Introduction; Exploring our Connection to Self
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: “In Pursuit of Silence" (2015)
-Podcast: Airing Addiction



ELEMENT OF FIRE

Weekly Topic: Dreaming Big...The Heart's the Limit
Weekly Lens: Communication

Day 3: Communicating Dreams Effectively in the Air Element
Subtopic: Enhancing communication about dreams
Focus: Developing articulate ways to express aspirations

Elemental Information: This week signifies a shift from the fiery exploration of passions to the imaginative space of dreams in the theme "Dreaming Big....The Heart is the Limit." Embrace this transition as you delve into your aspirations, focusing on effective communication, visualization, movement, vocal expression, and reflection. By connecting with your passions, you cultivate true confidence and learn to advocate for yourself and your well-being. Embrace this shift from fiery passion to airy dreams, deepening your connection to your aspirations and paving the path for greater fulfillment in your life.

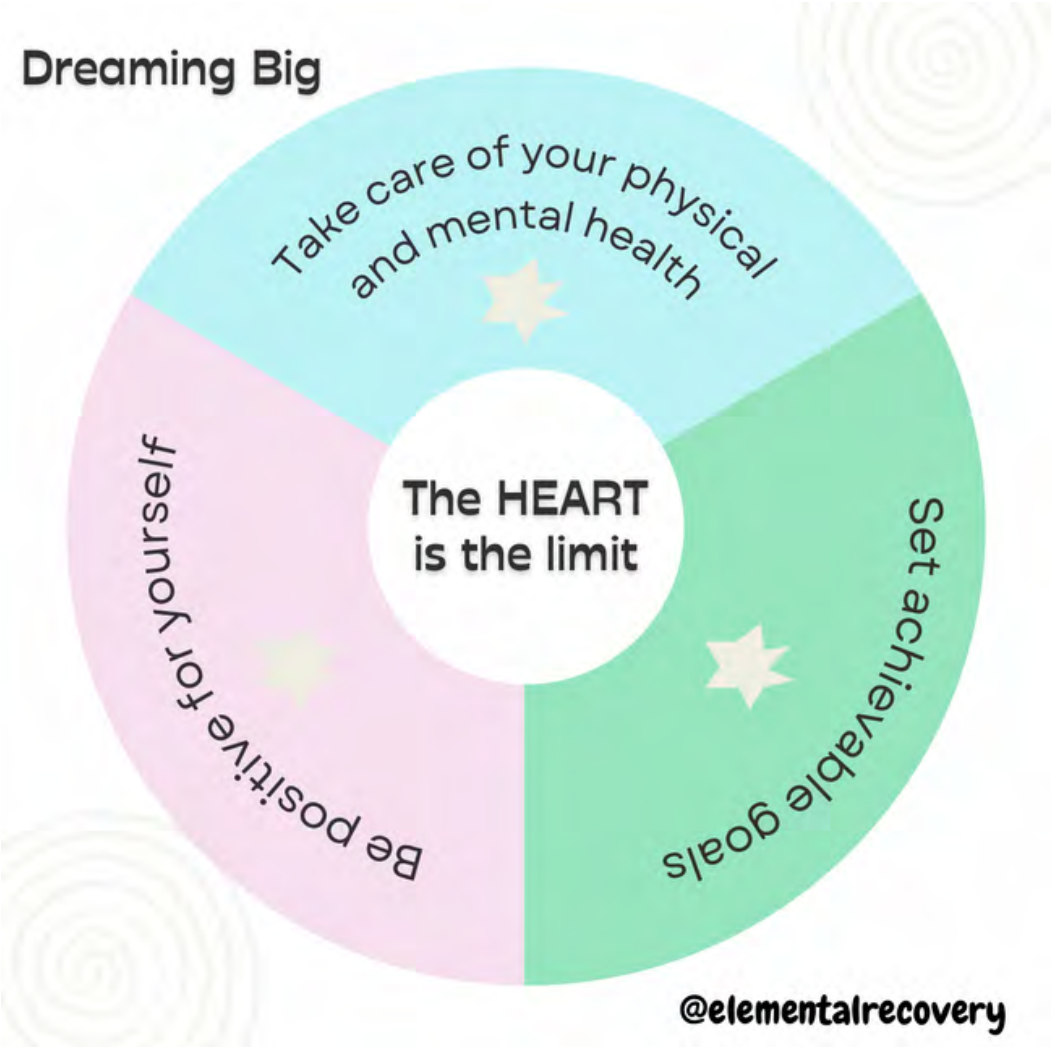
Daily Call to Action:
Share one of your dreams with a trusted person. Practice articulating it clearly and passionately, and be open to feedback on how to improve your communication.

- Connection to Optimal Self: Foster effective communication in sharing dreams through interpersonal engagement.

Supplemental Materials:
The Trait-Based Model of Recovery: Goal Setting: Module 3 - Lesson 15
Connection to Optimal Self Introduction; Exploring our Connection to Self
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: “In Pursuit of Silence" (2015)
-Podcast: Airing Addiction

ELEMENT OF FIRE

Day 3: Communicating Dreams Effectively in the Air Element
Subtopic: Enhancing communication about dreams





ELEMENT OF FIRE

Weekly Topic: Dreaming Big...The Heart's the Limit
Weekly Lens: Communication

Day 4: Visualizing Dream Pathways with the Airy Breeze
Subtopic: Utilizing breathwork for visualization
Focus: Incorporating breath exercises for clarity in visualizing dreams

Elemental Information: This week signifies a shift from the fiery exploration of passions to the imaginative space of dreams in the theme "Dreaming Big....The Heart is the Limit." Embrace this transition as you delve into your aspirations, focusing on effective communication, visualization, movement, vocal expression, and reflection. By connecting with your passions, you cultivate true confidence and learn to advocate for yourself and your well-being. Embrace this shift from fiery passion to airy dreams, deepening your connection to your aspirations and paving the path for greater fulfillment in your life.

Daily Call to Action:
Find a quiet space and practice deep breathing. Envision yourself achieving one of your dreams, using your breath to guide your visualization.

- Connection to Optimal Self: Harness the power of breath for focused visualization to clarify and manifest dreams.

Supplemental Materials:
The Trait-Based Model of Recovery: Goal Setting: Module 3 - Lesson 15
Connection to Optimal Self Introduction; Exploring our Connection to Self
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "In Pursuit of Silence" (2015)
-Podcast: Airing Addiction



ELEMENT OF FIRE

Weekly Topic: Dreaming Big...The Heart's the Limit
Weekly Lens: Communication

Day 5: Capturing Dreams in Airy Movement

Subtopic: Incorporating physical activities to enhance dreaming
Focus: Dance, yoga, or running as tools for dream inspiration

Elemental Information: This week signifies a shift from the fiery exploration of passions to the imaginative space of dreams in the theme "Dreaming Big....The Heart is the Limit." Embrace this transition as you delve into your aspirations, focusing on effective communication, visualization, movement, vocal expression, and reflection. By connecting with your passions, you cultivate true confidence and learn to advocate for yourself and your well-being. Embrace this shift from fiery passion to airy dreams, deepening your connection to your aspirations and paving the path for greater fulfillment in your life.

Daily Call to Action:

Engage in, or incorporate a physical activity while contemplating your dreams. Notice any insights or inspirations that arise during the activity. This could include dancing, or stretching to your favorite song, or going for a walk or run and listening to your favorite music. Follow a dance video, or stream a yoga or mindfulness video and follow along.

- Connection to Optimal Self: Integrate movement for dream exploration to enhance creativity and inspiration.

Supplemental Materials:

The Trait-Based Model of Recovery: Goal Setting: Module 3 - Lesson 15
Connection to Optimal Self Introduction; Exploring our Connection to Self
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: “In Pursuit of Silence" (2015)
-Podcast: Airing Addiction



ELEMENT OF FIRE

Weekly Topic: Dreaming Big...The Heart's the Limit
Weekly Lens: Communication

Day 6: The Breath of Dreams in the Air – Wind Chimes and Vocal Expression

Subtopic: Using voice and wind chimes for dream affirmation
Focus: Vocalizing dreams and listening to wind chimes

Elemental Information: This week signifies a shift from the fiery exploration of passions to the imaginative space of dreams in the theme "Dreaming Big....The Heart is the Limit." Embrace this transition as you delve into your aspirations, focusing on effective communication, visualization, movement, vocal expression, and reflection. By connecting with your passions, you cultivate true confidence and learn to advocate for yourself and your well-being. Embrace this shift from fiery passion to airy dreams, deepening your connection to your aspirations and paving the path for greater fulfillment in your life.

Daily Call to Action:
Listen to wind chimes, birds chirping (outdoors, or via a Youtube video), or just the wind in the plants/trees and vocalize one of your dreams aloud. Reflect on how vocalizing your dream made you feel in a journal space.

- Connection to Optimal Self: Find resonance between dreams and vocal expression to affirm and manifest aspirations.

Supplemental Materials:
The Trait-Based Model of Recovery: Goal Setting: Module 3 - Lesson 15
Connection to Optimal Self Introduction; Exploring our Connection to Self
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: “In Pursuit of Silence" (2015)
-Podcast: Airing Addiction



ELEMENT OF FIRE

Weekly Topic: Dreaming Big...The Heart's the Limit
Weekly Lens: Communication

Day 7: Wrapping Up Fire's Embers – Transition Reflection
Subtopic: Integrating passion and dreams in the journey
Focus: Journaling about the connection between passion and dreams

Elemental Information: This week signifies a shift from the fiery exploration of passions to the imaginative space of dreams in the theme "Dreaming Big....The Heart is the Limit." Embrace this transition as you delve into your aspirations, focusing on effective communication, visualization, movement, vocal expression, and reflection. By connecting with your passions, you cultivate true confidence and learn to advocate for yourself and your well-being. Embrace this shift from fiery passion to airy dreams, deepening your connection to your aspirations and paving the path for greater fulfillment in your life.

Daily Call to Action:
Set aside time for introspection and journaling. Reflect on the transition from exploring passion to dreaming big. Consider how your passions have influenced your dreams and vice versa.

- Connection to Optimal Self: Embrace the synergy between passion and dreams through thoughtful reflection and integration into personal growth.

Supplemental Materials:
The Trait-Based Model of Recovery: Goal Setting: Module 3 - Lesson 15
Connection to Optimal Self Introduction; Exploring our Connection to Self
-Book: "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" (2010) Brené Brown
-Movie/Docu: "In Pursuit of Silence" (2015)
-Podcast: Airing Addiction

ELEMENT OF AIR



Quarter Two Overview

As Elemental Recovery transitions into the second quarter of its 12-Month recovery program, participants are immersed in the element of air, focusing on expressing and communicating effectively. With the theme "Using My Voice Again," weeks 14-26 emphasize the significance of being impeccable with one's word. The lens of trauma-responsive care and motivational interviewing guides individuals through exploration of vulnerability, effective communication techniques, and understanding personal power. Key concepts such as expression, communication skills, embracing vulnerability as a superpower, and fostering self-empowerment are central to this quarter's focus. Through tailored activities and therapeutic interventions, participants embark on a journey of self-discovery and growth, learning to harness the power of their voice and communicate authentically to support their healing process.

Quarter 2: Air Element - Expressing and Communicating

During weeks 14-26, participants focus on "Using My Voice Again," reclaiming self-expression and asserting needs. This theme empowers authentic communication and active engagement in recovery.

Focus Areas: Trauma-Responsive Care, Motivational Interviewing, Vulnerability, Effective Communication, and Understanding Personal Power
Participants prioritize trauma-responsive care, motivational interviewing, vulnerability, communication skills, and personal empowerment. These focus areas foster safety, motivation, authenticity, and resilience.

Key Concepts:
Participants explore various forms of expression, develop effective communication, embrace vulnerability, and reclaim personal power.

ELEMENT OF AIR



Week 14: Using my Voice Again

Weekly Topic: Using my Voice Again
Weekly Lens: Being Impeccable with Your Word
The Trait-Based Model of Recovery:Finding Community Support: Module 5-Lesson 21

Summary: This week, we embark on a journey into the expressive realm of Air, transitioning from the passionate exploration of Fire. Under the theme "Rediscovering Vocal Power," we'll delve into breathwork, mindful speech, expressive movement, and vocalization to tap into our inner voice and unleash our creative potential.

KEY THEMES:

- BREATH AS FOUNDATION: EXPLORE THE CONNECTION BETWEEN BREATH AND VOCAL POWER.
- MINDFUL VERBAL ARTICULATION: CULTIVATE PURPOSEFUL AND MINDFUL SPEECH.
- EMOTIONAL RELEASE THROUGH MOVEMENT: HARNESS THE POWER OF MOVEMENT FOR EMOTIONAL EXPRESSION.
- THERAPEUTIC POWER OF SINGING: DISCOVER THE HEALING EFFECTS OF VOCALIZATION THROUGH SINGING.
- EXPRESSIVE SELF-EXPRESSION: EMBRACE FREEDOM OF EXPRESSION THROUGH VOCALIZATION AND MOVEMENT.
- TRAUMA-RESPONSIVE COMMUNICATION: DEVELOP COMMUNICATION PRACTICES THAT PROMOTE HEALING AND UNDERSTANDING.
- REFLECTION AND INTEGRATION: REFLECT ON THE WEEK'S EXPERIENCES AND INTEGRATE NEWFOUND INSIGHTS INTO DAILY LIFE.

Daily Overview:

Day 1: Rediscovering Vocal Power
Day 2: Speaking with Purpose
Day 3: Dance of the Winds: Expressive Movement
Day 4: Empowered Vocalization Through Singing
Day 5: Empowering Self-Expression Through Dance
Day 6: The Art of Verbal Articulation
Day 7: Recap and Integration

ELEMENT OF AIR



Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 1: Rediscovering Your Vocal Power

Subtopic: Your Breath as the Foundation of Vocal Expression
Focus:Utilizing Our Voice to Advocate for Ourselves and Others
The Trait-Based Model of Recovery: Finding Community Support: Module 5-Lesson 21

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Connection to Optimal Self: Exploring our Connection to Others
Human connection is vital in Elemental Recovery, fostering support, validation, and belonging. Through group therapy, peer networks, and communal activities, participants build meaningful relationships, cultivating empathy and mutual understanding. These connections create a supportive community where individuals feel heard, understood, and accepted, empowering them to draw strength from each other on the path to recovery.

Daily Call to Action:
Let's start by finding a comfortable spot to sit or stand. Take a few deep breaths, focusing on expanding your abdomen as you inhale and releasing tension as you exhale. Next, we'll do vocalization exercises. Begin with simple sounds like "ahh" or "oo" and gradually move to humming and sustaining vowels. Notice how your breath and voice connect. Afterward, journal about your experience. Write down any changes you notice in your vocal clarity or your awareness of breath control.

Supplemental Materials:
The Trait-Based Model of Recovery: Finding Community Support: Module 5-Lesson 21
Three Connections to Optimal Self: Connection to Others
-Book: "Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone" (2017) Brené Brown
-Movie/Docu: "The Connection" (2014
-Podcast:I Love Being Sober

ELEMENT OF AIR

Day 1: Rediscovering Your Vocal Power
Subtopic: Your Breath as the Foundation of Vocal Expression
Focus:Utilizing Our Voice to Advocate for Ourselves and Others



ELEMENT OF AIR



Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 2: Speaking with Purpose
Subtopic: Mindful Articulation in Your Speech
Focus:Practicing Intentional Speech Through Mindfulness

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action:
Let's practice mindful speech today. Before speaking, pause for a moment to center yourself. Then, speak your words clearly and consciously, paying attention to your tone and body language. See how this mindful approach influences your interactions with others throughout the day. Afterwards, write in your journal about what you noticed. Reflect on any insights or observations you gained from speaking with intention.

Supplemental Materials:
The Trait-Based Model of Recovery: Finding Community Support: Module 5-Lesson 21
Three Connections to Optimal Self: Connection to Others
-Book: "Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone" (2017) Brené Brown
-Movie/Docu: "The Connection" (2014
-Podcast:I Love Being Sober

ELEMENT OF AIR



Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 3: Dance of the Winds: Expressive Movement
Subtopic: Connecting Your Emotions to Movement
Focus: Finding absolute bliss

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action:
Today, set aside time for a guided dance session focused on expressive movement. Let yourself move freely, expressing your emotions through your body's movements. Pay attention to any emotions or tensions that come up, and release them through dance. Afterward, take some time to write in your journal about your experience. Reflect on the emotions you expressed and how you felt liberated through movement.

Supplemental Materials:
The Trait-Based Model of Recovery: Finding Community Support: Module 5-Lesson 21
Three Connections to Optimal Self: Connection to Others
-Book: "Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone" (2017) Brené Brown
-Movie/Docu: "The Connection" (2014
-Podcast:I Love Being Sober

ELEMENT OF AIR



Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 4: Empowered Vocalization Through Singing

Subtopic: The Healing Power of Singing
Focus: Enjoy the power of music

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action:
Choose a song that speaks to your emotions or experiences, and sing it with emotion and intention. Focus on expressing yourself authentically, letting the music help you release any pent-up emotions. After you've sung, take a moment to reflect. Write about how the experience impacted your emotions. Notice any changes in your mood or awareness.

Supplemental Materials:
The Trait-Based Model of Recovery: Finding Community Support: Module 5-Lesson 21
Three Connections to Optimal Self: Connection to Others
-Book: "Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone" (2017) Brené Brown
-Movie/Docu: "The Connection" (2014
-Podcast:I Love Being Sober

ELEMENT OF AIR



Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 5: Empowering Self-Expression Through Creative Writing
Subtopic:Using Writing to Release Emotions
Focus:Cultivating Emotional Resilience Through Creative Expression

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action:
Engage in a guided creative writing session designed for emotional release and self-expression. Set aside time to write freely, allowing your thoughts and emotions to flow onto the page. Explore different writing prompts or techniques to express your feelings authentically. After the session, reflect on your writing in your journal. Consider how writing supports your emotional well-being and provides an outlet for self-expression.

Supplemental Materials:
The Trait-Based Model of Recovery: Finding Community Support: Module 5-Lesson 21
Three Connections to Optimal Self: Connection to Others
-Book: "Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone" (2017) Brené Brown
-Movie/Docu: "The Connection" (2014
-Podcast:I Love Being Sober

ELEMENT OF AIR



Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 6: Air Element - The Art of Verbal Articulation

Subtopic: Cultivating Mindful Verbal Expression
Focus: Using Clear and Honest Communication

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action:
Today, practice speaking mindfully. Pay attention to the words you choose and how you express yourself. Before speaking, pause to think about the impact of your words and your tone. Aim to communicate with empathy, clarity, and authenticity. Reflect on how this approach enhances your connections with others. Write about your experiences in your journal.

Supplemental Materials:
The Trait-Based Model of Recovery: Finding Community Support: Module 5-Lesson 21
Three Connections to Optimal Self: Connection to Others
-Book: "Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone" (2017) Brené Brown
-Movie/Docu: "The Connection" (2014
-Podcast:I Love Being Sober

ELEMENT OF AIR



Weekly Topic: Dedication to Self, Others, Love & Recovery
Weekly Lens: Being Impeccable with Your Word

Day 7: Air Element - Recap and Integration

Subtopic: Bringing Together Your Air Element Practices
Focus: Taking Time for Reflection and Integration

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action:
Take some time for personal reflection and journaling. Look back on your experiences from the week. Write down any insights, changes, or patterns you noticed. Think about how the practices of breathwork, vocalization, movement, and mindful speech have affected your emotional well-being and self-expression. Set intentions for the week ahead, considering how you can continue to incorporate these practices into your daily life for growth and self-discovery.

Supplemental Materials:
The Trait-Based Model of Recovery: Finding Community Support: Module 5-Lesson 21
Three Connections to Optimal Self: Connection to Others
-Book: "Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone" (2017) Brené Brown
-Movie/Docu: "The Connection" (2014
-Podcast:I Love Being Sober

ELEMENT OF AIR



Week 15: Vulnerability as a Superpower

Weekly Topic: Vulnerability as a Superpower
Weekly Lens: Not Making Assumptions
The Trait-Based Model of Recovery: Removing Same and Stigma: Module 7-Lesson 32

Summary:
This week invites a deep exploration of vulnerability within the airy realm, fostering a safe space for open expression and connection. Embracing vulnerability is acknowledged as a strength, and participants engage in various activities to cultivate mindful communication and emotional expression.

Key Concepts:
- Understanding Vulnerability: Recognizing the strength and courage in being vulnerable.
- Mindful Expression: Cultivating safe spaces for open and honest communication of feelings and emotions.
- Creative Outlets: Utilizing dance, songwriting, and storytelling as mediums for expressing vulnerability.
- Trauma-Informed Communication: Integrating trauma-informed approaches to navigate vulnerability in interpersonal interactions.
- Recapitulation and Integration: Reflecting on the week's experiences and integrating evidence-based insights into personal growth.

Daily Overview:
Day 1: Embracing Vulnerability
Day 2: Communicating Vulnerability
Day 3: The Dance of Vulnerability
Day 4: Song of Vulnerability
Day 5: Storytelling and Vulnerability
Day 6: Trauma-Informed Communication Practices
Day 7: Recap and Integration with Evidence-Based Insights

ELEMENT OF AIR



Weekly Topic: Vulnerability as a Superpower
Weekly Lens: Not Making Assumptions

Day 1: Embracing Your Vulnerability

Subtopic: Discovering Strength in Being Vulnerable
Focus: Creating a Safe Space for Open Sharing
The Trait-Based Model of Recovery: Removing Same and Stigma: Module 7 — Lesson 32

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Reflecting on Vulnerability
Whether done alone or in a group setting, take a moment to reflect on a recent experience when you felt vulnerable. This could be a personal challenge, a moment of emotional openness, or a situation where you felt exposed. If you're comfortable, jot down some notes about this experience. If in a group setting, when ready, share your reflection with others, or if alone, consider writing about it in a journal as a way to process your feelings. Alternatively, if in a group, participants can take turns sharing their reflections, creating a safe space for openness and empathy.

Supplemental Materials:
The Trait-Based Model of Recovery: Removing Same and Stigma: Module 7 — Lesson 32
The Three Connections to Optimal Self: Exploring the Connection to Love
-Book: 5. "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts." (2018) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
-Podcast: From The Big House To The Penthouse: Stories of Addiction and Recovery

ELEMENT OF AIR

Day 1: Embracing Your Vulnerability
Subtopic: Discovering Strength in Being Vulnerable



ELEMENT OF AIR



Weekly Topic: Vulnerability as a Superpower
Weekly Lens: Not Making Assumptions

Day 2: Expressing Your Vulnerability

Subtopic: Speaking Your Feelings and Thoughts
Focus: Sharing Vulnerability Mindfully

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

The Three Connections- Exploring the Connection to Love

At the heart of Elemental Recovery is the concept of Connection to Love, encompassing universal love and interconnectedness. Participants explore their relationship with love, recognizing its transformative power in embracing vulnerability. Through heart-centered conversations and mindfulness practices, individuals navigate their recovery journey with hope and resilience, supported by a nurturing space grounded in love.

Daily Call to Action: Journal About Your Vulnerable Feelings

Write in your journal about a time when you felt vulnerable, and think about both the difficulties and benefits of expressing vulnerability.

Supplemental Materials:

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-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
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ELEMENT OF AIR



Weekly Topic: Vulnerability as a Superpower
Weekly Lens: Not Making Assumptions

Day 3: Dancing Through Vulnerability

Subtopic: Exploring Emotions with Movement
Focus: Using Dance to Show Vulnerability

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Engage in a Guided Movement Exploration
Join a guided movement exploration session focused on expressing vulnerability through gentle movements.
- Instructions for Group Setting: If participating in a group, follow along with the guided movements and express yourself freely. After the session, share any personal insights or reflections with the group.
- Instructions for Solo Setting: If alone, follow the guided movements at your own pace, adapting them to your comfort level and mobility. Take time to reflect on your experience and any insights gained during the session. You may choose to journal about your reflections or share them with a trusted friend or therapist.

Supplemental Materials:
The Trait-Based Model of Recovery: Removing Same and Stigma: Module 7 — Lesson 32
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-Book: 5. "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts." (2018) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
-Podcast: From The Big House To The Penthouse: Stories of Addiction and Recovery

ELEMENT OF AIR



Weekly Topic: Vulnerability as a Superpower
Weekly Lens: Not Making Assumptions

Day 4: Singing Your Vulnerability

Subtopic: Expressing Vulnerability Through Song
Focus: Creating a Song Reflecting Your Vulnerability

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Compose a Song About Your Vulnerable Experiences
- Activity: Reflect on your vulnerabilities and attempt to write a song that captures your personal experiences.
-Instructions for Solo Setting: If working alone, take time to delve into your vulnerable experiences and express them through songwriting. Focus on capturing your emotions and experiences authentically.
-Instructions for Group Setting: If participating in a group, reflect on your vulnerabilities and work together to compose vulnerability-themed songs. Collaborate with others to share your personal experiences and create meaningful music. If comfortable, share your songs with the group to foster connection and support.

Supplemental Materials:
The Trait-Based Model of Recovery: Removing Same and Stigma: Module 7 — Lesson 32
The Three Connections to Optimal Self: Exploring the Connection to Love
-Book: 5. "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts." (2018) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
-Podcast: From The Big House To The Penthouse: Stories of Addiction and Recovery

ELEMENT OF AIR



Weekly Topic: Vulnerability as a Superpower
Weekly Lens: Not Making Assumptions

Day 5: Sharing Vulnerable Stories

Subtopic: Opening Up with Personal Narratives
Focus: Building a Safe Space for Storytelling

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Participate in Group Storytelling
- Share a personal story about a time when you felt vulnerable with the group, encouraging open and honest communication.
- Instructions for Group Setting: In a group setting, take turns sharing your stories, listening actively, and offering support and empathy to one another. Reflect on how sharing stories impacts the dynamics of the group, fostering understanding and connection.
-Instructions for Virtual Setting (Solo): If participating virtually or working alone, take the opportunity to reflect on a vulnerable experience and write a story about it. Consider the impact of sharing personal stories in a group setting and how it can foster empathy and connection among participants. If comfortable, share your story with a trusted friend or therapist to explore its significance further.

Supplemental Materials:
The Trait-Based Model of Recovery: Removing Same and Stigma: Module 7 — Lesson 32
The Three Connections to Optimal Self: Exploring the Connection to Love
-Book: 5. "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts." (2018) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
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ELEMENT OF AIR



Weekly Topic: Vulnerability as a Superpower
Weekly Lens: Not Making Assumptions

Day 6: Practicing Trauma-Informed Communication
Subtopic: Handling Vulnerability in Conversations
Focus: Incorporating Trauma-Informed Approaches

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Engage in Trauma-Informed Care Discussion
- Reflect on trauma-informed communication methods and their application in interactions.
- Instructions for Solo Setting: If working alone, explore resources or personal experiences related to trauma-informed care. Reflect on how trauma-informed communication methods can be applied in your interactions and consider their effectiveness.
- Instructions for Group Setting: In a group setting, discuss trauma-informed communication methods and their relevance in various contexts. Share personal insights, experiences, and strategies for applying trauma-informed care principles in interactions. Consider how well these methods work and brainstorm ways to further integrate them into daily interactions for mutual benefit.

Supplemental Materials:
The Trait-Based Model of Recovery: Removing Same and Stigma: Module 7 — Lesson 32
The Three Connections to Optimal Self: Exploring the Connection to Love
-Book: 5. "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts." (2018) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
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ELEMENT OF AIR



Weekly Topic: Vulnerability as a Superpower
Weekly Lens: Not Making Assumptions

Day 7: Review and Apply What You've Learned

Subtopic: Combining Vulnerability Practices with Trauma-Informed Techniques
Focus: Summarizing and Personal Application

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Reflect in Your Journal

- Think back on the week and write about your experiences, focusing on what you've learned and how you can use it in your daily life.

Supplemental Materials:
The Trait-Based Model of Recovery: Removing Same and Stigma: Module 7 — Lesson 32
The Three Connections to Optimal Self: Exploring the Connection to Love
-Book: 5. "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts." (2018) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
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ELEMENT OF AIR



Week 16: Moving Beyond Hurt

Weekly Topic: Moving Beyond Hurt
Weekly Lens: Not Taking Things Personally
The Trait-Based Model of Recovery: Module 2- Lesson 9

Summary: This week delves into the realm of emotional healing within the airy element, offering avenues for acknowledging, expressing, and navigating pain. Participants engage in mindful observation, creative expression, open communication, and trauma-informed practices to foster healing and resilience.

Key Concepts:
- Acknowledging Pain: Understanding and accepting emotional pain as a natural part of the human experience.
- Creative Expression: Utilizing artistic outlets for translating pain into creative expression and emotional release.
- Verbal Communication: Articulating feelings of hurt and pain through open and supportive verbal communication.
- Grief Navigation: Embracing grief as a natural emotion and exploring strategies for navigating the grieving process.
- Trauma-Informed Perspectives: Integrating trauma-informed approaches to healing and understanding the impact of trauma on emotional well-being.
- Movement for Release: Engaging in physical activities such as yoga and movement therapy for emotional release and catharsis.
- Recapitulation and Integration: Reflecting on the week's experiences and integrating evidence-based insights into personal growth.

Daily Overview:
Day 1: Acknowledging Pain
Day 2: Expression Through Art
Day 3: Verbalizing Hurt
Day 4: Navigating Grief
Day 5: Trauma-Informed Perspectives on Hurt
Day 6: Movement as a Release
Day 7: Recap and Integration with Evidence-Based Insights

ELEMENT OF AIR



Weekly Topic: Moving Beyond Hurt
Weekly Lens: Not Taking Things Personally

Day 1: Acknowledging Your Pain

Subtopic: Understanding and Accepting Your Emotional Pain
Focus:Cultivating a Safe Space for Your Open Expression
The Trait-Based Model of Recovery: Module 2- Lesson 9

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Introducing the ABC's to addressing Trauma:
In Elemental Recovery's trauma approach, the ABC's – Awareness, Balance, and Connection – form foundational pillars guiding individuals through their journey. Rooted in understanding unique needs, this framework offers a structured path to healing and growth. By integrating mindfulness, evidence-based practices, and community support, Elemental Recovery empowers individuals to navigate trauma with resilience and purpose.
Awareness: The first pillar, Awareness, involves cultivating understanding of one's thoughts, emotions, and reactions. Through mindfulness and introspection, individuals gain insight into their internal landscape, initiating the healing journey.

Daily Call to Action: Guided Meditation on Acknowledging Your Pain

- Find a guided meditation, or you can take some quiet time to practice mindfulness. After the guided meditation, take a few moments to reflect on your experience of acknowledging emotional pain. Share your thoughts and insights with the group, focusing on how this practice impacted your awareness and acceptance of your emotional states.

ELEMENT OF AIR

Day 1: Acknowledging Your Pain
Subtopic: Understanding and Accepting Your Emotional Pain



Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 9
The ABC's for Addressing Trauma
-Book: "Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead" (2015) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
-Podcast: Since Right Now

ELEMENT OF AIR



Weekly Topic: Moving Beyond Hurt
Weekly Lens: Not Taking Things Personally

Day 2: Expression Through Your Art

Subtopic: Translating Your Pain into Creative Expression
Focus: Using Your Artistic Outlet for Emotional Release

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Art Therapy Session
1. Materials Gathering and Space Setup:
   - Use basic supplies like paper, pencils, or found objects.
   - Find a comfortable and quiet space for the session.
2. Guided Visualization and Artmaking:
   - Start with a guided visualization to connect with emotions.
   - Encourage free expression through art, using prompts for inspiration.
3. Sharing Artwork and Reflection:
   - After the artmaking session, invite participants to share their artwork.
   - Discuss how creative expression helped release emotional pain and explore related themes.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 9
The ABC's for Addressing Trauma
-Book: "Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead" (2015) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
-Podcast: Since Right Now

ELEMENT OF AIR



Weekly Topic: Moving Beyond Hurt
Weekly Lens: Not Taking Things Personally

Day 3: Air Element - Verbalizing Your Hurt

Subtopic: Articulating Your Emotional Pain Through Words
Focus: Open Communication in Sharing Your Hurt

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Balance: The second pillar, Balance, focuses on creating equilibrium in various aspects of life. By integrating evidence-based practices such as Supported Employment Services (SES) and Therapeutic Rehabilitation Program (TRP), Elemental Recovery helps individuals establish stability in both personal and professional realms. This balance serves as a cornerstone of resilience, enabling individuals to navigate challenges with strength and clarity.

Daily Call to Action: Group Discussion (or personal reflection) on Expressing Emotional Pain
Participate in the group discussion on expressing your emotional pain through words. Take turns verbalizing your feelings of hurt within the supportive environment, focusing on open and honest communication. Reflect on the power of articulating your emotions and the impact of sharing your experiences with others. If you are working solo, you can utilize this time to reflect in your journal (audio or written).

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 9
The ABC's for Addressing Trauma
-Book: "Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead" (2015) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
-Podcast: Since Right Now

ELEMENT OF AIR



Weekly Topic: Moving Beyond Hurt
Weekly Lens: Not Taking Things Personally

Day 4: Navigating Your Grief

Subtopic: Understanding the Grieving Process
Focus: Embracing Your Grief as a Natural Emotion

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Grief Mapping Exercise
Mapping Exercise:
- Draw or create a graph mapping the stages of grief (e.g., denial, anger, bargaining, depression, acceptance).
- Participants mark their personal experiences on the graph, indicating where they feel they are in the grieving process.

Reflection: After completing the mapping exercise, reflect on your personal coping strategies in response to grief.
- Consider how embracing grief as a natural emotion has contributed to your healing process.

Group Discussion (if applicable): If in a group setting, share your reflections with the group.
- Discuss how different coping strategies and perspectives on grief have impacted each participant's healing journey.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 9
The ABC's for Addressing Trauma
-Book: "Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead" (2015) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
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ELEMENT OF AIR



Weekly Topic: Moving Beyond Hurt
Weekly Lens: Not Taking Things Personally

Day 5: Trauma-Informed Perspectives on Pain

Subtopic: Integrating Trauma-Informed Approaches to Heal Your Emotional Pain
Focus: Applying Trauma-Informed Care

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

The third pillar, Connection, emphasizes the significance of nurturing relationships in healing. Programs such as Assertive Community Treatment (ACT) and peer support networks provide a supportive community, aiding individuals in overcoming trauma and fostering a sense of well-being and belonging.

Daily Call to Action: To integrate trauma-informed perspectives into daily routines, prioritize safety by establishing boundaries and practicing self-care. Cultivate trustworthiness through open communication and reliability in interactions. Empower oneself and others by promoting autonomy and decision-making abilities. Foster collaboration and respect in relationships through active listening and empathy. Recognize and respect cultural differences to create inclusive environments. Key integration points include starting the day with grounding exercises, establishing routines for stability, practicing relaxation techniques, engaging in supportive activities, promoting self-compassion, advocating for trauma-informed approaches, and seeking education about trauma.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 2 — Lesson 9
The ABC's for Addressing Trauma
-Book: "Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead" (2015) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
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ELEMENT OF AIR



Weekly Topic: Moving Beyond Hurt
Weekly Lens: Not Taking Things Personally

Day 6: Movement as a Release

Subtopic: Physical Activities for Emotional Release
Focus: Yoga and Movement Therapy

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Guided Movement Session

Guided movement sessions can be done in a multitude of ways, taking into account ones mobility and capabilities. Finding a guided movement video via Youtube, or practicing balance or stretching can all constitute a movement session. After the guided movement session, share any insights or experiences you had during the physical activities for emotional release. Discuss how movement therapy and yoga have contributed to your emotional healing process. Reflect on the connection between physical movement and emotional well-being.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 9
The ABC's for Addressing Trauma
-Book: "Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead" (2015) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
-Podcast: Since Right Now

ELEMENT OF AIR



Weekly Topic: Moving Beyond Hurt
Weekly Lens: Not Taking Things Personally

Day 7: Recap and Integration with Evidence-Based Insights

Subtopic: Synthesizing Your Emotional Healing Practices with Trauma-Informed Approaches
Focus: Personal Integration

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Together, the ABC's framework offers a comprehensive approach to addressing trauma, promoting self-awareness, balance, and meaningful connections as essential components of the recovery journey. In Elemental Recovery, individuals find a safe and nurturing environment where they can embark on their path towards healing with courage and hope.

Daily Call to Action: Journaling and Personal Reflection

- Reflect on the entire week's experiences in your journal, emphasizing evidence-based insights gained from the practices and discussions. Consider how the integration of emotional healing practices with trauma-informed approaches has influenced your understanding of pain and healing. Share your reflections with the group, focusing on personal integration and growth.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 2 — Lesson 9
The ABC's for Addressing Trauma
-Book: "Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead" (2015) Brené Brown
-Movie/Docu: "The Wisdom of Trauma" (2021) - This documentary explores the science of trauma and healing, including mindfulness-based approaches, and features insights from experts like Dr. Gabor Maté and Dr. Bruce Perry.
-Podcast: Since Right Now

ELEMENT OF AIR



Week 17: Being Seen and Heard

Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22

Summary: This week focuses on cultivating effective communication skills within the airy element, emphasizing self-expression, active listening, storytelling, creative communication, and public speaking. Participants engage in workshops, sharing circles, and practical exercises to enhance their ability to communicate authentically and confidently.

Key Concepts:
- Embracing Visibility: Recognizing the importance of being seen and accepting oneself.
- Authentic Expression: Embracing authenticity in communication and speaking from the heart.
- Active Listening: Developing effective listening techniques to foster deeper connections.
- Personal Narratives: Crafting and sharing personal stories to cultivate empathy and understanding.
- Creative Communication: Utilizing art and expression as means of communication and self-expression.
- Public Speaking Skills: Building confidence and overcoming fear in public expression.

Daily Overview:
Day 1: Embracing Visibility
Day 2: The Power of Authentic Expression
Day 3: Listening Skills Workshop
Day 4: Sharing Personal Narratives
Day 5: Creative Communication
Day 6: Public Speaking Skills
Day 7: Recap and Integration

ELEMENT OF AIR



Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best

Day 1: Embracing Visibility

Subtopic: Recognizing the Importance of Being Seen
Focus: Self-Acceptance and Visibility
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Engage in a Visualization Exercise
Find a comfortable, quiet space and close your eyes. Imagine yourself surrounded by warm light, feeling calm and open. Visualize being fully seen and accepted for who you are, embracing visibility with confidence.

Share Personal Reflections:
Reflect on how embracing visibility impacts self-acceptance and growth. Discuss insights with the group, exploring the connection between being seen authentically and a sense of fulfillment. Encourage open dialogue to foster connection and understanding among participants.

Supplemental Materials:
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22
Introduction to the 9 Alignments — Love, Trust and Respect
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Sober Shares

ELEMENT OF AIR



Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best

Day 2: The Power of Authentic Expression

Subtopic: Embracing Authenticity in Communication
Focus: Speaking Authentically

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Introduction to the Nine Alignments: Love, Trust, Respect

Begin by introducing the nine core alignments that guide the journey towards healing and growth in Elemental Recovery. These alignments represent fundamental principles essential to the recovery process, fostering a nurturing and empowering environment.

Daily Call to Action: 9-Alignments Exploration

-Engage in a discussion or reflection on the first three alignments: Love, Trust, and Respect.

-Reflect on the concept of love as foundational, extending beyond affection to encompass compassion, acceptance, and empathy. Consider how cultivating love for oneself and others contributes to healing and growth.

- Explore the importance of trust as a vital component of the recovery journey, fostering belief in the elemental process, fellow participants, and oneself. Discuss how establishing trust creates security and empowerment, enabling individuals to navigate challenges with confidence and resilience.

- Delve into the principle of respect as a guiding principle in interactions, fostering understanding, empathy, and validation. Prioritize respect for oneself and others, recognizing the inherent dignity and worth of each individual's journey.

Individual or Group Reflection:

- Encourage participants to reflect on how the concepts of love, trust, and respect resonate with their own experiences and journey towards healing and growth.

- Invite sharing of personal insights, challenges, and successes related to embodying these principles in daily life.

ELEMENT OF AIR



Day 2: The Power of Authentic Expression
Subtopic: Embracing Authenticity in Communication
Focus: Speaking Authentically

Supplemental Materials:
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22 Introduction to the 9 Alignments — Love, Trust and Respect
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Sober Shares

ELEMENT OF AIR



Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best

Day 2: The Power of Authentic Expression

Subtopic: Embracing Authenticity in Communication
Focus: Speaking Authentically

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Practicing what it feel like to speak and be heard

In either a group setting (select a partner), or if working on this as an individual let's practice a visualization technique in which we can fully utilize our voices, and be heard! Practice sharing either a want, or need in the present moment. It can be as simple as saying "I fully deserve to be happy, and I only want to pursue joy in my life." Practice saying a positive statement, standing up for yourself. This can also be done in a mirror or practiced just out loud.

Supplemental Materials:
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22
Introduction to the 9 Alignments — Love, Trust and Respect
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Sober Shares

ELEMENT OF AIR



Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best

Day 3: Listening Skills Workshop

Subtopic: Enhancing Active Listening
Focus: Developing Effective Listening Techniques

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Activity: Active Listening Practice

1. Pair or Group Setup: Divide participants into pairs or small groups.
2. Roles Defined: Designate one as the speaker and the other(s) as listener(s).
3. Speaker Shares: Speaker shares for 3-5 minutes authentically.
4. Listener Engages: Listeners practice active listening, without interrupting.
5. Reflective Responses: Listeners provide reflective responses after the speaker's turn.
6. Role Rotation: Rotate roles for each participant to speak and listen.
7. Group Reflection (Optional): Facilitate a group discussion to share insights and experiences.

Supplemental Materials:
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22
Introduction to the 9 Alignments — Love, Trust and Respect
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Sober Shares

ELEMENT OF AIR

Day 3: Listening Skills Workshop
Subtopic: Enhancing Active Listening
Focus: Developing Effective Listening Techniques



ELEMENT OF AIR



Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best

Day 4: Sharing Personal Narratives

Subtopic: Storytelling for Connection
Focus: Crafting and Sharing Personal Stories

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action:
Participate in a personal narrative workshop. Craft and share a part of your personal story with the group, focusing on fostering connection through storytelling. This activity can be done in-person or virtually and can also be completed on-your-own as a writing prompt in your journal.

Supplemental Materials:
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22 Introduction to the 9 Alignments — Love, Trust and Respect
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Sober Shares

ELEMENT OF AIR



Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best

Day 5: Creative Communication

Subtopic: Using Art and Expression for Communication
Focus: Creative Expression as Communication

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Engage in an artistic communication session

Using creative means to express feelings or thoughts. Share your creations with the group and discuss the effectiveness of creative expression in communication. This can be reflected through a multitude of mediums including finding artwork, music or poem or short story that can share you artistic expression and reflect the present moment.

Supplemental Materials:
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22
Introduction to the 9 Alignments — Love, Trust and Respect
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Sober Shares

ELEMENT OF AIR



Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best

Day 6: Public Speaking Skills

Subtopic: Overcoming Fear of Public Expression
Focus: Building Confidence in Public Speaking

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Participate in a public speaking experience.

To prepare for this activity, first reflect on any potential fears you may have, and explore ways in which you can participate and reduce those fears. Does it help to do some breath work, or writing some initial thoughts down before sharing? Explore any fears, and work to replace with a positive action.

Focusing on building confidence in public expression. Speak publicly on a topic of personal importance and reflect on the experience with the group. If not in a group, you can share online, record a video (or audio) and share.

Supplemental Materials:
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22
Introduction to the 9 Alignments — Love, Trust and Respect
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Sober Shares

ELEMENT OF AIR



Weekly Topic: Being Seen and Heard
Weekly Lens: Always Do Your Best

Day 7: Recap and Integration

Subtopic: Synthesizing Communication Practices
Focus: Reflecting on Communication Growth

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Reflect on the week's communication experiences and insights in your journal.

- Consider how the various communication practices have contributed to your growth and development. Share your reflections with the group, emphasizing personal growth and integration of communication skills. What are some things you explored or learned this week that you plan to carry forward to better communicate?

Supplemental Materials:
The Trait-Based Model of Recovery: Communication Skills: Module 5 — Lesson 22 Introduction to the 9 Alignments — Love, Trust and Respect
-Book: Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors by Morgan Fitzgerald
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Sober Shares

ELEMENT OF AIR



Week 18: The Abandonment Wound

Weekly Topic: The Abandonment Wound
Weekly Lens: Respect
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25

Summary: This week's curriculum focuses on boundary setting and emotional resilience, providing participants with tools to navigate relationships effectively and foster personal well-being. Through a combination of self-reflection, group discussions, and experiential activities, participants will explore the impact of abandonment wounds, learn to set and maintain boundaries in various areas of life, and develop strategies for building emotional resilience.

Key Concepts:

1. Understanding Abandonment Wounds: Explore the origins and impact of abandonment wounds on personal growth and relationships.
2. Healing Abandonment Wounds: Develop strategies for healing and overcoming abandonment wounds through self-compassion and inner work.
3. Boundary Setting Workshop: Learn the importance of setting boundaries for maintaining emotional and mental well-being.
4. Personal-Based Boundaries: Understand and establish boundaries that protect personal space, time, and energy.
5. Relationship-Based Boundaries: Explore healthy boundaries in relationships to maintain respect, trust, and mutual understanding.
6. Emotional Boundaries: Identify and assert emotional boundaries to protect against emotional manipulation and overwhelm.
7. Navigating Professional and Familial Boundaries: Learn strategies for setting and maintaining boundaries in professional and familial contexts to promote balance and harmony.

Daily Overview:

Day 1: Understanding Your Abandonment Wound
Day 2: Healing Your Abandonment Wounds
Day 3: Boundary Setting Workshop
Day 4: Personal-Based Boundaries
Day 5: Relationship-Based Boundaries
Day 6: Setting Emotional Boundaries
Day 7: Navigating Professional and Familial Boundaries

ELEMENT OF AIR



Weekly Topic: The Abandonment Wound
Weekly Lens: Respect

Day 1: Understanding Your Abandonment Wound

Subtopic: Exploring How Abandonment Affects You
Focus: Acknowledging Your Emotional Triggers
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25

Elemental Information: We now shift focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

The 9 Alignments — Confidentiality, Commitment and Communication
- Confidentiality: Ensuring confidentiality fosters a safe space for sharing in Elemental Recovery, promoting open communication without fear of judgment.
- Commitment: Demonstrating dedication to the recovery process supports personal growth and well-being, fostering mutual support among participants.
- Communication: Encouraging authentic expression and active listening enhances understanding and connection among participants in Elemental Recovery.

Daily Call to Action: Engage in a guided meditation to become more aware of your emotional triggers related to abandonment.

- Reflect on the emotional triggers that came up during the meditation. Think about where they come from and how they impact your well-being.

Supplemental Materials:
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25
The 9 Alignments — Confidentiality, Commitment and Communication
-Book: "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" (2012) Brené Brown
-Movie/Docu: "Heal" (2017) - This documentary explores the scientific and spiritual aspects of the mind-body connection and the potential for self-healing through practices like mindfulness, meditation, and energy medicine.
-Podcast: Talking Addiction & Recovery

ELEMENT OF AIR



Weekly Topic: The Abandonment Wound
Weekly Lens: Respect

Day 2: Healing Your Abandonment Wounds

Subtopic: Strengthening Your Emotional Resilience
Focus: Developing Coping Strategies

Elemental Information: We now shift focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Activity: Healing from Abandonment Wounds
Individual Prompt:
Reflect on effective ways to heal from abandonment wounds and enhance emotional resilience. Consider which strategies have worked best for you personally in your journey towards healing.
Group Prompt:
Join a group discussion on strategies for healing from abandonment wounds and fostering emotional resilience. Share your thoughts, experiences, and insights with the group, and explore which methods have been most impactful for different individuals.
Overarching Question:
What healing strategies have you found most effective in overcoming abandonment wounds and building emotional resilience?
Supplemental Materials:
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25
The 9 Alignments — Confidentiality, Commitment and Communication
-Book: "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" (2012) Brené Brown
-Movie/Docu: "Heal" (2017) - This documentary explores the scientific and spiritual aspects of the mind-body connection and the potential for self-healing through practices like mindfulness, meditation, and energy medicine.
-Podcast: Talking Addiction & Recovery

ELEMENT OF AIR



Weekly Topic: The Abandonment Wound
Weekly Lens: Respect

Day 3: Boundary Setting Workshop

Subtopic: Understanding Different Types of Boundaries
Focus: Developing Clarity and Assertiveness

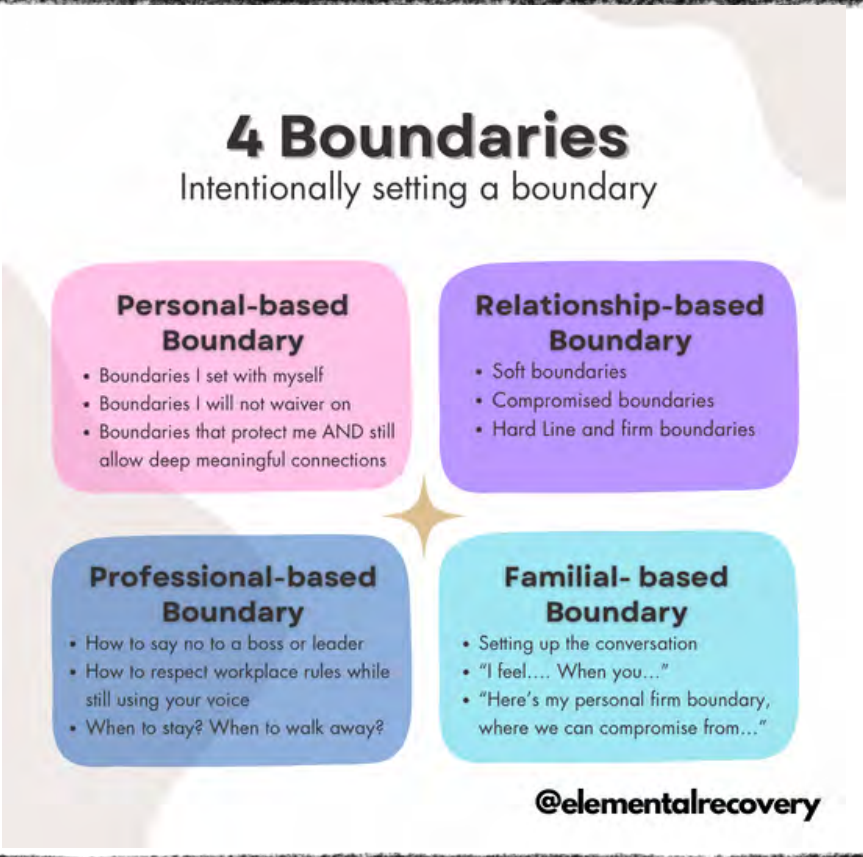
Elemental Information: We now shift focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in exercises to identify and define personal, relational, professional, and familial boundaries.

- Practice setting clear boundaries in various areas of your life, and reflect on the impact it has on your well-being. Choose one area where you often feel your boundaries are challenged or unclear. This could be in your personal relationships, at work, or within your family dynamics. Take a moment to reflect on specific boundaries you would like to set in this area. Then, using assertive communication techniques learned in the workshop, communicate these boundaries clearly and directly to those involved. Pay attention to any resistance or pushback you encounter, and practice responding assertively while maintaining your boundaries. Finally, journal about your experience, noting any shifts in your relationships or personal well-being as a result of setting and maintaining these boundaries.

ELEMENT OF AIR

Day 3: Boundary Setting Workshop
Subtopic: Understanding Different Types of Boundaries
Focus: Developing Clarity and Assertiveness



Supplemental Materials:
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25
The 9 Alignments — Confidentiality, Commitment and Communication
-Book: "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" (2012) Brené Brown
-Movie/Docu: "Heal" (2017) - This documentary explores the scientific and spiritual aspects of the mind-body connection and the potential for self-healing through practices like mindfulness, meditation, and energy medicine.
-Podcast: Talking Addiction & Recovery

ELEMENT OF AIR



Weekly Topic: The Abandonment Wound
Weekly Lens: Respect

Day 4: Personal-Based Boundaries

Subtopic: Establishing Boundaries with Yourself
Focus: Identifying Non-Negotiables for Self-Care

Elemental Information: We now shift focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Reflect on boundaries you set with yourself, including those you will not waiver on and those that protect your well-being while fostering meaningful connections.

Take time to journal about your personal boundaries and the values behind them. Identify specific boundaries that align with your self-care and personal growth, and commit to honoring them. Additionally, create a list of affirmations or mantras that reinforce these boundaries and repeat them daily to strengthen your resolve.

Supplemental Materials:
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25
The 9 Alignments — Confidentiality, Commitment and Communication
-Book: "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" (2012) Brené Brown
-Movie/Docu: "Heal" (2017) - This documentary explores the scientific and spiritual aspects of the mind-body connection and the potential for self-healing through practices like mindfulness, meditation, and energy medicine.
-Podcast: Talking Addiction & Recovery

ELEMENT OF AIR



Weekly Topic: The Abandonment Wound
Weekly Lens: Respect

Day 5: Relationship-Based Boundaries

Subtopic: Understanding Different Types of Relationship Boundaries
Focus: Exploring Soft, Compromised, and Hard Line Boundaries

Elemental Information: We now shift focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in exercises to identify and define soft, compromised, and hard line boundaries within your relationships.

- Choose one relationship in your life and practice setting boundaries according to the identified type. Reflect on how this boundary-setting exercise impacts the dynamics of the relationship and your overall well-being. Write a letter to yourself or someone you trust, detailing your experiences and insights gained from this exercise, and consider sharing it for additional support and accountability.

Supplemental Materials:
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25
The 9 Alignments — Confidentiality, Commitment and Communication
-Book: "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" (2012) Brené Brown
-Movie/Docu: "Heal" (2017) - This documentary explores the scientific and spiritual aspects of the mind-body connection and the potential for self-healing through practices like mindfulness, meditation, and energy medicine.
-Podcast: Talking Addiction & Recovery

ELEMENT OF AIR



Weekly Topic: The Abandonment Wound
Weekly Lens: Respect

Day 6: Setting Emotional Boundaries

Subtopic: Establishing Healthy Emotional Limits
Focus:Defining Clear Emotional Boundaries

Elemental Information: We now shift focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Moment of Reflection on how to set healthy emotional boundaries for your well-being.

- - Call to Action: Define and communicate your personal emotional boundaries. Think about how they contribute to your emotional health and relationships. Consider how maintaining these boundaries supports your overall well-being and resilience. Practice expressing your emotional boundaries in a role-play scenario with a trusted friend or therapist, and reflect on the experience afterward.

Supplemental Materials:
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25
The 9 Alignments — Confidentiality, Commitment and Communication
-Book: "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" (2012) Brené Brown
-Movie/Docu: "Heal" (2017) - This documentary explores the scientific and spiritual aspects of the mind-body connection and the potential for self-healing through practices like mindfulness, meditation, and energy medicine.
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ELEMENT OF AIR



Weekly Topic: The Abandonment Wound
Weekly Lens: Respect

Day 7: Navigating Professional and Familial Boundaries

Subtopic: Establishing Clear Boundaries for Healthy Relationships
Focus: Assertiveness and Self-Advocacy in Various Relationships

Elemental Information: We now shift focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in activities to practice setting boundaries effectively in both professional and familial contexts.

- Reflect on past experiences in your professional and familial relationships where boundaries may have been unclear or violated. Identify specific instances where asserting boundaries could have improved the situation. Practice assertive communication techniques, such as using "I" statements and setting clear limits, in role-play scenarios with a trusted colleague or family member. Consider seeking support from a mentor or therapist to navigate challenging boundary-setting situations. Remember, establishing and maintaining boundaries is crucial for fostering healthy relationships and protecting your well-being in both personal and professional spheres.

Supplemental Materials:
The Trait-Based Model of Recovery: Living With Uncertainty: Module 5 — Lesson 25
The 9 Alignments — Confidentiality, Commitment and Communication
-Book: "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" (2012) Brené Brown
-Movie/Docu: "Heal" (2017) - This documentary explores the scientific and spiritual aspects of the mind-body connection and the potential for self-healing through practices like mindfulness, meditation, and energy medicine.
-Podcast: Talking Addiction & Recovery

ELEMENT OF AIR



Week 19: Creative Ways to Utilize My Voice

Weekly Topic: Creative Ways to Utilize My Voice
Weekly Lens: Focus
The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23

Summary: This week is dedicated to rediscovering and nurturing personal expression through various forms of communication and creative arts. Participants will explore the power of voice, storytelling, writing, poetry, improvisation, and other forms of artistic expression to connect with their inner selves and communicate authentically.

Key Concepts:
- Rediscovering Personal Expression: Reflecting on the power of voice and connecting with inner expression.
- Empowerment through Communication: Building confidence and empowerment through effective communication.
- Impactful Storytelling: Crafting powerful narratives and utilizing voice for impactful storytelling.
- Creative Expression: Exploring various writing styles, poetry, and improvisation for creative expression.
- Spontaneity and Creativity: Embracing spontaneity in communication and unleashing creativity in the moment.

Daily Overview:
Day 1: Rediscovering Personal Expression
Day 2: Voice as a Tool for Empowerment
Day 3: Storytelling and Narrative Building
Day 4: How to Say “No”
Day 5: Poetry Slam and Expression
Day 6: Improv and Spontaneous Expression
Day 7: Recap and Integration

ELEMENT OF AIR



Weekly Topic: Creative Ways to Utilize My Voice
Weekly Lens: Focus

Day 1: Rediscovering Your Personal Expression

Subtopic: Reflecting on the Power of Your Voice

Focus: Connecting with Your Inner Expression

The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23

Elemental Information: Shifting our focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

The 9 Alignments — Clarity, Focus and Prudence

- Clarity: Clear communication fosters honesty and authenticity in Elemental Recovery. We aim for transparent communication aligned with our values.
- Focus: Maintaining focus supports engagement in the recovery journey, even amidst challenges.
- Prudence: Thoughtful decision-making guides actions with integrity and mindfulness.

Daily Call to Action: Engage in a free-form writing session to explore your personal thoughts and feelings.

- Reflect on your writing experience and consider any insights you gained from connecting with your inner expression.

Supplemental Materials:

The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23
The 9 Alignments — Clarity, Focus and Prudence
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: The Salt of the Earth" (2014) - Profiles the life and work of photographer Sebastião Salgado, capturing humanity and nature in his powerful images, inspiring viewers to appreciate the beauty of the world around them.
-Podcast: Far From Finished

ELEMENT OF AIR



Weekly Topic: Creative Ways to Utilize My Voice
Weekly Lens: Focus

Day 2: Air Element - Your Voice as a Tool for Empowerment

Subtopic: Building Confidence in Your Expression
Focus: Empowering Yourself through Communication

Elemental Information: Shifting our focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in Public Speaking Practice

Individual or Group Option:
Practice public speaking by delivering a short speech or presentation, focusing on building confidence in verbal expression. Please reference and share your voice around your passions, or activism.

Share a personal experience or story with others, highlighting the empowerment gained through effective communication. Reflect on how expressing yourself verbally has contributed to your confidence and growth.

Supplemental Materials:
The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23
The 9 Alignments — Clarity, Focus and Prudence
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: The Salt of the Earth" (2014) - Profiles the life and work of photographer Sebastião Salgado, capturing humanity and nature in his powerful images, inspiring viewers to appreciate the beauty of the world around them.
-Podcast: Far From Finished

ELEMENT OF AIR



Weekly Topic: Creative Ways to Utilize My Voice
Weekly Lens: Focus

Day 3: Crafting Your Stories and Narratives

Subtopic: Creating Powerful Narratives
Focus: Utilizing Your Voice for Impactful Storytelling

Elemental Information: Shifting our focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Join a storytelling circle to share a short personal story with the group.

- Reflect on the impact of storytelling and consider the power of your voice in conveying personal narratives.

This can be done in-person, or virtually. A few places to check online for a space like this may be Reddit, or Facebook groups. These will be tailored groups in which you can join and share your story.

Supplemental Materials:
The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23
The 9 Alignments — Clarity, Focus and Prudence
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: The Salt of the Earth" (2014) - Profiles the life and work of photographer Sebastião Salgado, capturing humanity and nature in his powerful images, inspiring viewers to appreciate the beauty of the world around them.
-Podcast: Far From Finished

ELEMENT OF AIR



Weekly Topic: Creative Ways to Utilize My Voice
Weekly Lens: Focus

Day 4: How to Say “No”

Subtopic: Assertive Communication and Boundary Setting Techniques
Focus: Assertive Communication and Boundary Setting Techniques

Elemental Information: Shifting our focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in a discussion on effective ways to assertively communicate boundaries and say "no" when necessary.

- Reflect on the provided tips for saying "no" and develop a plan for implementing assertive communication techniques in your daily interactions. Consider scenarios where you may need to assert boundaries and practice using phrases such as “No, and…” and “Why I’m saying no is…” to effectively communicate your boundaries while respecting yourself and others.

Supplemental Materials:
The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23
The 9 Alignments — Clarity, Focus and Prudence
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: The Salt of the Earth" (2014) - Profiles the life and work of photographer Sebastião Salgado, capturing humanity and nature in his powerful images, inspiring viewers to appreciate the beauty of the world around them.
-Podcast: Far From Finished

ELEMENT OF AIR

Day 4: How to Say "No"
Subtopic: Assertive Communication and Boundary Setting Techniques
Focus: Assertive Communication and Boundary Setting Techniques



ELEMENT OF AIR



Weekly Topic: Creative Ways to Utilize My Voice
Weekly Lens: Focus

Day 5: Poetry Writing and Expression

Subtopic: Tapping into Emotional Expression
Focus: Poetry as a Form of Artistic Voice

Elemental Information: Shifting our focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Write a simple poem, focusing on expressing emotions or thoughts creatively.

- How-To: Start by choosing a topic or emotion you want to explore. Then, write down your thoughts or feelings in a free-form manner. Structure your poem with a beginning, middle, and end, or experiment with different poetic forms like free verse or haiku.
- Reflect on the emotional expression conveyed through your poem and the experience of creatively sharing your thoughts with others.

Supplemental Materials:
The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23
The 9 Alignments — Clarity, Focus and Prudence
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: The Salt of the Earth" (2014) - Profiles the life and work of photographer Sebastião Salgado, capturing humanity and nature in his powerful images, inspiring viewers to appreciate the beauty of the world around them.
-Podcast: Far From Finished

ELEMENT OF AIR



Weekly Topic: Creative Ways to Utilize My Voice
Weekly Lens: Focus

Day 6: Improv and Spontaneous Expression

Subtopic: Embracing Spontaneity in Communication
Focus: Unleashing Creativity in the Moment

Elemental Information: Shifting our focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Take part in an improvised storytelling activity, either individually or with the group, focusing on embracing creativity in the moment. Try storytelling on topics like "Unexpected Adventures" or "Unusual Encounters" to further explore spontaneity.

- Individual: Try an improv exercise alone, such as free association writing or solo storytelling.
- Group: Engage in group improv games or exercises, like "Yes, And" or "One Word Story," to practice spontaneous communication.

Supplemental Materials:
The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23
The 9 Alignments — Clarity, Focus and Prudence
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: The Salt of the Earth" (2014) - Profiles the life and work of photographer Sebastião Salgado, capturing humanity and nature in his powerful images, inspiring viewers to appreciate the beauty of the world around them.
-Podcast: Far From Finished

ELEMENT OF AIR



Weekly Topic: Creative Ways to Utilize My Voice
Weekly Lens: Focus

Day 7: Recap and Integration

Subtopic: Synthesizing Creative Voice Practices
Focus: Reflecting on Artistic Expression

Elemental Information: Shifting our focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in artistic expression journaling to reflect on your creative voice exploration throughout the week. Reflect on the various forms of artistic expression you explored and how they contributed to your self-discovery and personal growth.

Supplemental Materials:
The Trait-Based Model of Recovery: Refusal Skills and Boundaries: Module 5 — Lesson 23
The 9 Alignments — Clarity, Focus and Prudence
-Book: Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed
-Movie/Docu: The Salt of the Earth" (2014) - Profiles the life and work of photographer Sebastião Salgado, capturing humanity and nature in his powerful images, inspiring viewers to appreciate the beauty of the world around them.
-Podcast: Far From Finished

ELEMENT OF AIR



Week 20: Releasing Built-Up Fears

Weekly Topic: Releasing Built-Up Fears
Weekly Lens: Focus
The Trait-Based Model of Recovery: Module 4 — Lesson 16

Summary: This week focuses on understanding and releasing personal fears through various mindfulness and expressive practices. Participants will explore techniques such as fear journaling, mindful breathing, visualization, affirmations, movement, and creative expression to bring fears into consciousness and facilitate their release.

Key Concepts:
- Identifying Personal Fears: Acknowledging and listing personal fears to bring them into consciousness.
- Mindful Fear Release: Utilizing breathwork and visualization as tools for calming and releasing fears.
- Affirmations for Fear Reduction: Creating positive affirmations to counteract fearful thoughts and narratives.
- Movement for Fear Liberation: Engaging in expressive physical activities such as dance or yoga to release tension and fear.
- Creative Expression as Fear Release: Using artistic outlets to transform fear into art and express emotions.

Daily Overview:
Day 1: Identifying Fears
Day 2: Mindful Breathing for Fear Release
Day 3: Visualizing Fear Dissipation
Day 4: Affirmations for Fear Reduction
Day 5: Movement for Fear Liberation
Day 6: Creative Expression as Fear Release
Day 7: Recap and Integration

ELEMENT OF AIR



Weekly Topic: Releasing Built-Up Fears
Weekly Lens: Focus

Day 1: Identifying Your Fears

Subtopic: Acknowledging Your Personal Fears
Focus: Bringing Your Fears into Consciousness
The Trait-Based Model of Recovery: Module 4 — Lesson 16

Elemental Information: Elemental Recovery now shifts its focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in a fear journaling exercise to list and reflect on your personal fears.

- Reflect on the fears you identified and their impact on your life in a journal entry. When did these fears start, is there anything that you are willing to address and face to overcome that fear?

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 16
-Book: "The Miracle of Mindfulness" by Thich Nhat Hanh
-Movie/Docu: Heal (2017)
-Podcast: "The Mindful Kind"

ELEMENT OF AIR

Day 1: Identifying Your Fears
Subtopic: Acknowledging Your Personal Fears
Focus: Bringing Your Fears into Consciousness



ELEMENT OF AIR



Weekly Topic: Releasing Built-Up Fears
Weekly Lens: Focus

Day 2: Using Mindful Breathing to Release Fear

Subtopic: Utilizing Your Breath as a Calming Tool
Focus: Connecting Your Breath and Release

Elemental Information: Elemental Recovery now shifts its focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Participate in a guided mindful breathing session to practice connecting your breath and release during moments of fear.

- Integrate mindful breathing techniques into your daily life, especially during moments of fear or anxiety.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 16
-Book: "The Miracle of Mindfulness" by Thich Nhat Hanh
-Movie/Docu: Heal (2017)
-Podcast: "The Mindful Kind"

ELEMENT OF AIR



Weekly Topic: Releasing Built-Up Fears
Weekly Lens: Focus

Day 3: Visualizing Fear Dissipation

Subtopic: Creating Mental Images for Release
Focus: Harnessing the Power of Visualization

Elemental Information: Elemental Recovery now shifts its focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in a guided visualization exercise to visualize releasing your fears during meditation.

- Reflect on the sensations and emotions you experienced during the visualization exercise in a journal entry.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 16
-Book: "The Miracle of Mindfulness" by Thich Nhat Hanh
-Movie/Docu: Heal (2017)
-Podcast: "The Mindful Kind"

ELEMENT OF AIR



Weekly Topic: Releasing Built-Up Fears
Weekly Lens: Focus

Day 4: Using Affirmations to Reduce Fear

Subtopic: Creating Positive Mantras
Focus: Rewriting the Narrative of Fear

Elemental Information: Elemental Recovery now shifts its focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Crafting Personal Affirmations:
Example:
"I am capable and worthy of success."
"I trust in my abilities to overcome challenges."
"I am resilient and courageous in the face of fear."
Instructions:
1. Reflect on your fears and identify the negative thoughts or beliefs associated with them.
2. Rewrite these negative thoughts into positive affirmations that counteract your fears.
3. Write down your affirmations on paper or in a journal.
4. Practice repeating these affirmations daily, either silently or out loud, to reinforce positive thinking and reduce fear.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 16
-Book: "The Miracle of Mindfulness" by Thich Nhat Hanh
-Movie/Docu: Heal (2017)
-Podcast: "The Mindful Kind"

ELEMENT OF AIR



Weekly Topic: Releasing Built-Up Fears
Weekly Lens: Focus

Day 5: Using Movement to Liberate Fear

Subtopic: Engaging in Expressive Physical Activities
Focus: Releasing Tension through Movement

Elemental Information: Elemental Recovery now shifts its focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in a gentle movement session incorporating stretching, yoga, or seated exercises to release tension associated with fear and promote relaxation.

- Reflect on the experience of using movement as a tool for fear liberation and observe its impact on your emotional well-being.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 16
-Book: "The Miracle of Mindfulness" by Thich Nhat Hanh
-Movie/Docu: Heal (2017)
-Podcast: "The Mindful Kind"

ELEMENT OF AIR



Weekly Topic: Releasing Built-Up Fears
Weekly Lens: Focus

Day 6: Using Creative Expression to Release Fear

Subtopic: Using Artistic Outlets for Emotions
Focus: Transforming Fear into Art

Elemental Information: Elemental Recovery now shifts its focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Engage in a creative art session to create art inspired by emotions of fear and transform fear into artistic expression.
Reflect on the emotions and thoughts evoked during the creative expression process, and how it contributes to releasing fear.
In your work of art, have a main focus be something you're afraid of... and transform that fear with your art (writing, drawing, poetry, etc).

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 16
-Book: "The Miracle of Mindfulness" by Thich Nhat Hanh
-Movie/Docu: Heal (2017)
-Podcast: "The Mindful Kind"

ELEMENT OF AIR



Weekly Topic: Releasing Built-Up Fears
Weekly Lens: Focus

Day 7: Reflection and Growth

Subtopic: Consolidating Fear-Release Practices
Focus: Reflecting on Fear Transformation

Elemental Information: Elemental Recovery now shifts its focus within the air element towards amplifying clarity around our dreams and passions. Harnessing the energy of air, participants have made significant strides in finding their voices and expressing themselves authentically. Through continued breathwork and open communication practices, individuals are poised to deepen their understanding of their aspirations, articulating them with newfound clarity and confidence. This phase of the recovery journey emphasizes mental clarity and visionary thinking, empowering participants to chart a clear and purposeful path towards realizing their dreams.

Daily Call to Action: Utilize a fear transformation journal to reflect on the week's activities and practices aimed at releasing fear.

Engage in a mindfulness meditation session focusing on acknowledging and letting go of fears.

- Journal reflections on the effectiveness of each fear-release practice and how they have contributed to transforming fear into empowerment and resilience. Reflect on any insights gained from the meditation session and how it supports your journey towards growth and self-awareness.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 16
-Book: "The Miracle of Mindfulness" by Thich Nhat Hanh
-Movie/Docu: Heal (2017)
-Podcast: "The Mindful Kind"

ELEMENT OF AIR



Week 21: Dreams Do Come True... I Promise

Weekly Topic: Dreams Do Come True... I Promise
Weekly Lens: Commitment
The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18

Summary: This week is dedicated to exploring and pursuing personal dreams, utilizing the element of Air to propel aspirations forward. Participants will engage in activities focused on dream exploration, goal setting, overcoming obstacles, visualization, communication, movement, and affirmation to manifest their dreams into reality.

Key Concepts:
- Dream Exploration: Identifying and uncovering personal dreams and aspirations.
- Goal Setting for Dreams: Turning dreams into actionable goals with specific steps.
- Overcoming Dream Obstacles: Addressing challenges and building resilience in pursuit of dreams.
- Visualization for Dream Manifestation: Utilizing positive imagery to visualize successful realization of dreams.
- Communication in Dream Sharing: Articulating aspirations and sharing dreams with others for support.
- Movement to Propel Dreams Forward: Energizing dreams through physical activity and aligning movement with aspirations.
- Recap and Affirmation: Reflecting on dream-focused practices and affirming commitment to pursuing dreams.

Daily Overview:
Day 1: Dream Exploration
Day 2: Goal Setting for Dreams
Day 3: Overcoming Dream Obstacles
Day 4: Visualization for Dream Manifestation
Day 5: Communication in Dream Sharing
Day 6: Movement to Propel Dreams Forward
Day 7: Recap and Affirmation

ELEMENT OF AIR



Weekly Topic: Dreams Do Come True... I Promise
Weekly Lens: Commitment

Day 1: Dream Exploration

Subtopic: Uncovering Personal Dreams
Focus: Identifying Aspirations
The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18

Elemental Information: As we continue in the air element, we focus on amplifying clarity around our dreams and passions. There have been significant strides made in finding our voices and expressing ourselves authentically. Through continued breathwork and open communication practices, we are poised to deepen our understanding of our aspirations, articulating them with newfound clarity and confidence.

Daily Call to Action: Choose one dream from your journal and create a vision board to visually represent it. To complete this activity:

1. Gather materials: Poster board or canvas, magazines, scissors, glue, markers, and any other decorative items.
2. Reflect on the dream you've chosen and think about images, words, and symbols that represent it.
3. Flip through magazines and cut out pictures, words, and phrases that resonate with your dream.
4. Arrange and glue the cutouts onto the poster board or canvas to create your vision board.
5. Enhance your vision board with drawings, quotes, or other embellishments that add meaning to your dream.
6. Display your vision board in a prominent place where you can see it daily to reinforce your commitment to realizing your dream.

(if you want to create a virtual vision board, a great app to check out: Landing)

Supplemental Materials:

The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18
Introduction to the 4 Dimensions of Recovery — Health
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "In Search of Balance" (2016) - A documentary that examines the effects of modern lifestyles on health and well-being and explores alternative approaches, including mindfulness, to restore balance and vitality.
-Podcast: The Addiction Solution

ELEMENT OF AIR

Day 1: Dream Exploration
Subtopic: Uncovering Personal Dreams
Focus: Identifying Aspirations



ELEMENT OF AIR



Weekly Topic: Dreams Do Come True... I Promise
Weekly Lens: Commitment

Day 2: Goal Setting for Dreams

Subtopic: Turning Dreams into Achievable Goals
Focus: Creating Actionable Steps

Elemental Information: As we continue in the air element, we focus on amplifying clarity around our dreams and passions. There have been significant strides made in finding our voices and expressing ourselves authentically. Through continued breathwork and open communication practices, we are poised to deepen our understanding of our aspirations, articulating them with newfound clarity and confidence.

Daily Call to Action: Participate in a goal-setting session to outline specific steps toward realizing dreams.

- Create a dream roadmap by turning your goals into a visual timeline. Follow these steps:

1. Take a large piece of paper or use a digital platform to create your timeline.
2. Identify your main dream or goal and write it at the top of the timeline.
3. Break down your goal into smaller, achievable steps or milestones.
4. Assign each step or milestone a specific timeframe for completion.
5. Use markers, stickers, or color-coding to visually distinguish different stages of your timeline.
6. Review and revise your timeline regularly to track progress and adjust goals as needed.

Supplemental Materials:
The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18
Introduction to the 4 Dimensions of Recovery — Health
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "In Search of Balance" (2016) - A documentary that examines the effects of modern lifestyles on health and well-being and explores alternative approaches, including mindfulness, to restore balance and vitality.
-Podcast: The Addiction Solution

ELEMENT OF AIR



Weekly Topic: Dreams Do Come True... I Promise
Weekly Lens: Commitment

Day 3: Overcoming Dream Obstacles

Subtopic: Addressing Challenges in Dream Pursuit
Focus: Building Resilience

Elemental Information: As we continue in the air element, we focus on amplifying clarity around our dreams and passions. There have been significant strides made in finding our voices and expressing ourselves authentically. Through continued breathwork and open communication practices, we are poised to deepen our understanding of our aspirations, articulating them with newfound clarity and confidence.

Daily Call to Action: Conduct an obstacle analysis to identify potential obstacles and plan solutions for overcoming them.
Create a dream resilience toolkit containing strategies to overcome common obstacles. Follow these steps:
1. Make a list of potential obstacles that could hinder your progress towards achieving your dream.
2. Brainstorm practical solutions or coping mechanisms for each obstacle.
3. Organize your solutions into categories such as emotional support, time management, skill development, etc.
4. Compile your toolkit by writing down each solution and keeping it in a notebook or digital document.
5. Review and update your toolkit regularly to ensure it remains relevant and effective in addressing new challenges.

Supplemental Materials:
The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18
Introduction to the 4 Dimensions of Recovery — Health
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "In Search of Balance" (2016) - A documentary that examines the effects of modern lifestyles on health and well-being and explores alternative approaches, including mindfulness, to restore balance and vitality.
-Podcast: The Addiction Solution

ELEMENT OF AIR



Weekly Topic: Dreams Do Come True... I Promise
Weekly Lens: Commitment

Day 4: Visualization for Dream Manifestation

Subtopic: Utilizing Imagery for Success
Focus: Positive Visualization

Elemental Information: As we continue in the air element, we focus on amplifying clarity around our dreams and passions. There have been significant strides made in finding our voices and expressing ourselves authentically. Through continued breathwork and open communication practices, we are poised to deepen our understanding of our aspirations, articulating them with newfound clarity and confidence.

Introduction to the 4 Dimensions of Recovery:
Health Dimension: In Elemental Recovery, mental and physical well-being are prioritized through mindfulness practices, evidence-based therapies, and trauma-informed care. The metaphorical exploration of the four elements—fire, air, water, and earth—adds depth to understanding health, symbolizing transformation, vitality, adaptability, and stability, respectively.

Daily Call to Action: Building onto your vision board
Engage in a guided visualization exercise to envision yourself experiencing optimal health and well-being.
Add to your vision board created in a prior acitivity to represent your ideal state of health.
Close your eyes and select images and words that align with your visualization.

- Display your vision board prominently where you'll see it daily, reinforcing your positive visualizations and manifesting your health goals into reality.

Supplemental Materials:
The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18
Introduction to the 4 Dimensions of Recovery — Health
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "In Search of Balance" (2016) - A documentary that examines the effects of modern lifestyles on health and well-being and explores alternative approaches, including mindfulness, to restore balance and vitality.
-Podcast: The Addiction Solution

ELEMENT OF AIR



Weekly Topic: Dreams Do Come True... I Promise
Weekly Lens: Commitment

Day 5: Communication in Dream Sharing

Subtopic: Sharing Dreams with Others
Focus: Articulating Aspirations

Elemental Information: As we continue in the air element, we focus on amplifying clarity around our dreams and passions. There have been significant strides made in finding our voices and expressing ourselves authentically. Through continued breathwork and open communication practices, we are poised to deepen our understanding of our aspirations, articulating them with newfound clarity and confidence.

Daily Call to Action: Participate in a dream-sharing session to communicate dreams with a friend or group.
Write a letter to your future self describing the realization of your dream. Follow these steps:

1. Set aside uninterrupted time to reflect on your dream and visualize its successful realization.
2. Write a detailed letter to yourself from the perspective of having already achieved your dream.
3. Describe how achieving your dream has impacted your life, emotions, and relationships.
4. Express gratitude for the journey and the lessons learned along the way.
5. Seal the letter in an envelope and write the date when you plan to open it in the future.
6. Store the letter in a safe place and revisit it on the specified date to reflect on your progress and celebrate your achievements.

Supplemental Materials:
The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18
Introduction to the 4 Dimensions of Recovery — Health
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "In Search of Balance" (2016) - A documentary that examines the effects of modern lifestyles on health and well-being and explores alternative approaches, including mindfulness, to restore balance and vitality.
-Podcast: The Addiction Solution

ELEMENT OF AIR



Weekly Topic: Dreams Do Come True... I Promise
Weekly Lens: Commitment

Day 6: Movement to Propel Dreams Forward

Subtopic: Energizing Dreams through Physical Activity
Focus: Aligning Movement with Aspirations

Elemental Information: As we continue in the air element, we focus on amplifying clarity around our dreams and passions. There have been significant strides made in finding our voices and expressing ourselves authentically. Through continued breathwork and open communication practices, we are poised to deepen our understanding of our aspirations, articulating them with newfound clarity and confidence.

Daily Call to Action: Engage in a dance or exercise session to connect physical movement with the pursuit of your dreams.
Create a dream-inspired movement routine. Follow these steps:

1. Choose a piece of music that resonates with the energy and essence of your dream.
2. Find a comfortable and spacious area where you can move freely.
3. Start by warming up your body with gentle stretches and movements.
4. Allow the music to guide your movements as you express the feelings and emotions associated with your dream.
5. Incorporate symbolic gestures or movements that represent progress towards your dream.
6. Conclude your routine with a moment of stillness and reflection, focusing on the alignment between your movement and your aspirations.

Supplemental Materials:
The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18
Introduction to the 4 Dimensions of Recovery — Health
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "In Search of Balance" (2016) - A documentary that examines the effects of modern lifestyles on health and well-being and explores alternative approaches, including mindfulness, to restore balance and vitality.
-Podcast: The Addiction Solution

ELEMENT OF AIR



Weekly Topic: Dreams Do Come True... I Promise
Weekly Lens: Commitment

Day 7: Recap and Affirmation

Subtopic: Consolidating Dream-Focused Practices
Focus: Affirming Commitment to Dreams

Elemental Information: As we continue in the air element, we focus on amplifying clarity around our dreams and passions. There have been significant strides made in finding our voices and expressing ourselves authentically. Through continued breathwork and open communication practices, we are poised to deepen our understanding of our aspirations, articulating them with newfound clarity and confidence.

Daily Call to Action: Reflect on the creative voice exploration throughout the week and consolidate your dream-focused practices.
Write a series of affirmations affirming your commitment to pursuing and achieving your dreams. Follow these steps:
1. Reflect on the progress you've made throughout the week in exploring and pursuing your dreams.
2. Identify any insights, breakthroughs, or challenges you've encountered along the way.
3. Write down affirmations that reflect your unwavering commitment to realizing your dreams despite any obstacles or setbacks.
4. Make your affirmations personal, positive, and present-tense, as if your dreams have already been achieved.
5. Repeat your affirmations aloud or in your mind daily to reinforce your belief in yourself and your ability to make your dreams a reality.
6. Use your affirmations as daily reminders of your commitment and as sources of inspiration and motivation on your journey towards achieving your dreams.

Supplemental Materials:
The Trait-Based Model of Recovery: Self-Care: Module 4 — Lesson 18
Introduction to the 4 Dimensions of Recovery — Health
-Book: Rewired: A Bold New Approach to Addiction and Recovery by Erica Spiegelman
-Movie/Docu: "In Search of Balance" (2016) - A documentary that examines the effects of modern lifestyles on health and well-being and explores alternative approaches, including mindfulness, to restore balance and vitality.
-Podcast: The Addiction Solution

ELEMENT OF AIR



Week 22: Getting Clear on Prioritized Dreams

Weekly Topic: Getting Clear on Prioritized Dreams
Weekly Lens: Prudence
The Trait-Based Model of Recovery: Module 7 — Lesson 31

Summary: This week's curriculum is focused on utilizing the Air element to overcome distractions, set clear goals, monitor progress, celebrate achievements, and renew commitment to pursuing dreams. Participants will engage in a series of activities designed to build concentration, affirm dedication, create actionable plans, reflect on progress, celebrate successes, share achievements, and reaffirm their commitment to their aspirations.

Key Concepts:

1. Building Concentration: Learning strategies to identify and manage distractions to maintain focus on priority dreams.
2. Affirming Dedication: Reinforcing commitment to pursuing prioritized dreams through affirmations and visualization.
3. Creating Actionable Plans: Translating dreams into achievable goals through vision board creation and goal-setting exercises.
4. Monitoring Progress: Tracking and evaluating progress towards goals to make adjustments and stay on track.
5. Celebrating Achievements: Acknowledging progress and growth, expressing gratitude, and celebrating successes along the journey.
6. Sharing Successes: Inspiring and supporting others by sharing achievements and stories of success.
7. Renewing Commitment: Reaffirming dedication to dreams, strengthening resolve, and identifying adjustments to stay aligned with goals.

Daily Overview:

Day 1: Overcoming Distractions
Day 2: Recap and Affirmation
Day 3: Action Planning
Day 4: Progress Monitoring
Day 5: Celebration and Reflection
Day 6: Sharing Successes
Day 7: Commitment Renewal

ELEMENT OF AIR



Weekly Topic: Getting Clear on Prioritized Dreams
Weekly Lens: Prudence

Day 1: Overcoming Distractions

Subtopic: Focusing Energy on Priority Dreams
Focus: Building Concentration
The Trait-Based Model of Recovery: Module 7 — Lesson 31

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Implement strategies to identify and manage potential distractions.

- Instructions:

1. Find a quiet and comfortable space where you won't be disturbed.
2. Take a few deep breaths to center yourself and bring your focus to the present moment.
3. Close your eyes and visualize yourself working on one of your priority dreams.
4. As you visualize, pay attention to any thoughts or external distractions that arise.
5. Practice acknowledging each distraction without judgment and gently redirecting your focus back to your visualization.
6. Repeat this process for 10-15 minutes, gradually increasing your ability to maintain focus despite distractions.
7. Afterward, reflect on any insights gained and consider how you can apply these distraction management techniques in your daily life.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 7 — Lesson 31
The 4 Dimensions of Recovery — Home
-Book: Dry by Augusten Burroughs
-Movie/Docu: "Brene Brown: The Call to Courage" (2019) - In this Netflix special, Brené Brown explores the power of vulnerability, courage, and resilience in embracing our imperfections and living wholeheartedly.
-Podcast:Flourishing After Addiction with Carl Erik Fisher

ELEMENT OF AIR



Weekly Topic: Getting Clear on Prioritized Dreams
Weekly Lens: Prudence

Day 2: Reflective Affirmations

Subtopic: Strengthening Commitment to Priority Dreams
Focus: Affirming Dedication to Goals

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Affirm your unwavering commitment to pursuing your prioritized dreams.
- Activity: Dream Journaling
- Instructions:
1. Set aside a quiet time and space for reflection.
2. Review your prioritized dreams and the steps you've taken towards them.
3. Write down affirmations that reinforce your dedication to achieving these dreams.
4. Reflect on each affirmation and its significance in your journey.
5. Repeat these affirmations daily as a reminder of your commitment and determination.
6. Share your affirmations with a trusted friend or group to further solidify your resolve.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 7 — Lesson 31
The 4 Dimensions of Recovery — Home
-Book: Dry by Augusten Burroughs
-Movie/Docu: "Brene Brown: The Call to Courage" (2019) - In this Netflix special, Brené Brown explores the power of vulnerability, courage, and resilience in embracing our imperfections and living wholeheartedly.
-Podcast:Flourishing After Addiction with Carl Erik Fisher

ELEMENT OF AIR

Day 2: Reflective Affirmations
Subtopic: Strengthening Commitment to Priority Dreams
Focus: Affirming Dedication to Goals



ELEMENT OF AIR



Weekly Topic: Getting Clear on Prioritized Dreams
Weekly Lens: Prudence

Day 3: Action Planning

Subtopic: Mapping Out Steps to Goal Achievement
Focus: Breaking Down Goals into Actionable Steps

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: A SMART goal is a goal that is Specific, Measurable, Achievable, Relevant, and Time-bound.

- Instructions:

1. Review your SMART goals, ensuring they meet the criteria of being Specific, Measurable, Achievable, Relevant, and Time-bound.
2. Break down each SMART goal into smaller, manageable tasks or steps.
3. Organize these tasks into a sequential order, considering dependencies and priorities.
4. Assign deadlines or target dates to each task to create a timeline for goal achievement.
5. Consider potential obstacles or challenges and develop contingency plans for overcoming them.
6. Create a visual representation of your action plan, such as a checklist or timeline, to keep yourself organized and motivated.
7. Regularly review and adjust your action plan as needed to stay on track towards your SMART goals.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 7 — Lesson 31
The 4 Dimensions of Recovery — Home
-Book: Dry by Augusten Burroughs
-Movie/Docu: "Brene Brown: The Call to Courage" (2019) - In this Netflix special, Brené Brown explores the power of vulnerability, courage, and resilience in embracing our imperfections and living wholeheartedly.
-Podcast:Flourishing After Addiction with Carl Erik Fisher

ELEMENT OF AIR



Weekly Topic: Getting Clear on Prioritized Dreams
Weekly Lens: Prudence

Day 4: Progress Monitoring

Subtopic: Tracking and Evaluating Goal Progress
Focus: Assessing Goal Achievement

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Evaluate your progress towards your goals and make any necessary adjustments to your action plan.

- Activity: Progress Reflection
- Instructions:

1. Review your action plan and compare it to your current progress towards your goals.
2. Identify any tasks or milestones that you have completed successfully.
3. Evaluate any challenges or obstacles you have encountered and how you have addressed them.
4. Assess your overall progress and determine if you are on track to achieve your goals within the specified timeline.
5. Celebrate your accomplishments and acknowledge your efforts, no matter how small.
6. Identify any areas where you may need to adjust your action plan or strategies to overcome obstacles.
7. Commit to staying focused and motivated as you continue working towards your dreams.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 7 — Lesson 31
The 4 Dimensions of Recovery — Home
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-Movie/Docu: "Brene Brown: The Call to Courage" (2019) - In this Netflix special, Brené Brown explores the power of vulnerability, courage, and resilience in embracing our imperfections and living wholeheartedly.
-Podcast:Flourishing After Addiction with Carl Erik Fisher

ELEMENT OF AIR



Weekly Topic: Getting Clear on Prioritized Dreams
Weekly Lens: Prudence

Day 5: Celebration and Reflection

Subtopic: Recognizing Achievements and Lessons Learned
Focus: Acknowledging Progress and Growth

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Celebrate your achievements and reflect on your journey towards your dreams.

- Instructions:

1. Set aside dedicated time to celebrate your progress and achievements towards your dreams.
2. Reflect on the journey you have taken, the obstacles you have overcome, and the lessons you have learned along the way.
3. Acknowledge any personal growth or development that has occurred throughout the process.
4. Express gratitude for the support and resources that have helped you on your journey.
5. Celebrate your accomplishments in a way that feels meaningful to you, whether it's treating yourself to a special activity, sharing your success with loved ones, or simply taking a moment to appreciate how far you have come.
6. Take time to rest and recharge before embarking on the next phase of your journey towards your dreams.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 7 — Lesson 31
The 4 Dimensions of Recovery — Home
-Book: Dry by Augusten Burroughs
-Movie/Docu: "Brene Brown: The Call to Courage" (2019) - In this Netflix special, Brené Brown explores the power of vulnerability, courage, and resilience in embracing our imperfections and living wholeheartedly.
-Podcast:Flourishing After Addiction with Carl Erik Fisher

ELEMENT OF AIR



Weekly Topic: Getting Clear on Prioritized Dreams
Weekly Lens: Prudence

Day 6: Sharing Successes

Subtopic: Inspiring and Supporting Others
Focus: Empowering Through Sharing

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Share your achievements and provide support and encouragement to others in their pursuit of dreams.
- Activity: Success Storytelling
- Instructions:
1. Prepare a brief story or presentation about one of your recent successes or achievements related to your dreams.
2. Practice delivering your story with enthusiasm and authenticity.
3. Gather with a small group of peers or friends and take turns sharing your success stories.
4. Listen actively to others' stories and offer genuine praise and encouragement.
5. Reflect on the common themes and lessons learned from each success story.
6. Identify any insights or inspiration gained from listening to others' experiences.
7. Express gratitude for the opportunity to share and support each other in our individual journeys towards our dreams.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 7 — Lesson 31
The 4 Dimensions of Recovery — Home
-Book: Dry by Augusten Burroughs
-Movie/Docu: "Brene Brown: The Call to Courage" (2019) - In this Netflix special, Brené Brown explores the power of vulnerability, courage, and resilience in embracing our imperfections and living wholeheartedly.
-Podcast:Flourishing After Addiction with Carl Erik Fisher

ELEMENT OF AIR



Weekly Topic: Getting Clear on Prioritized Dreams
Weekly Lens: Prudence

Day 7: Commitment Renewal

Subtopic: Reaffirming Dedication to Dreams
Focus: Strengthening Resolve and Resilience

Elemental Information: Harnessing the energy of air in Elemental Recovery empowers participants to find their voice and gain clarity on their dreams. Through breathwork and open communication, individuals cultivate authenticity and express themselves with clarity and confidence. This element encourages mental clarity and vision, guiding participants to articulate their aspirations and create a roadmap for their recovery journey.

Daily Call to Action: Reaffirm your commitment to pursuing your dreams and identify any adjustments or refinements needed to stay aligned with your goals.

- Activity: Dream Declaration
- Instructions:

1. Set aside uninterrupted time to reflect on your dreams and aspirations.
2. Write a declaration statement expressing your unwavering commitment to pursuing your dreams.
3. Include specific details about the goals you want to achieve and the steps you are willing to take to make them a reality.
4. Read your declaration aloud with conviction and passion, embodying the energy and determination needed to succeed.
5. Visualize yourself living your dreams and achieving your goals as you recite your declaration.
6. Seal your declaration in an envelope or keep it in a special place where you can revisit it whenever you need a reminder of your commitment.
7. Carry the energy of your declaration with you as you continue on your journey towards your dreams, knowing that you have the power and resilience to overcome any obstacles that may arise.

ELEMENT OF AIR



Day 7: Commitment Renewal
Subtopic: Reaffirming Dedication to Dreams
Focus: Strengthening Resolve and Resilience

The 4 Dimensions of Recovery: Home

Home Dimension:
The concept of Home in Elemental Recovery extends beyond physical space to encompass stability and grounding within oneself. Supported by evidence-based models like the 12-Step Model and interventions such as Supported Employment Services (SES), individuals establish a stable foundation for their recovery journey. A trauma-informed environment further reinforces the concept of 'home' as a safe and supportive space for healing and growth.

SUPPLEMENTAL MATERIALS:
THE TRAIT-BASED MODEL OF RECOVERY: MODULE 7 – LESSON 31
THE 4 DIMENSIONS OF RECOVERY – HOME
-**BOOK**: DRY BY AUGUSTEN BURROUGHS
-**MOVIE/DOCU:** "BRENE BROWN: THE CALL TO COURAGE" (2019) - IN THIS NETFLIX SPECIAL, BRENÉ BROWN EXPLORES THE POWER OF VULNERABILITY, COURAGE, AND RESILIENCE IN EMBRACING OUR IMPERFECTIONS AND LIVING WHOLEHEARTEDLY.
-**PODCAST**:FLOURISHING AFTER ADDICTION WITH CARL ERIK FISHER

ELEMENT OF AIR



Week 23: When We've Been Silenced

Weekly Topic: When We've Been Silenced
Weekly Lens: Trust
The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24

Summary: This week focuses on healing from experiences of silencing and empowering personal expression, guided by the element of Air. Participants will engage in activities aimed at understanding the impact of silence, strategies for emotional recovery, reclaiming personal expression, building confidence in communication, establishing and communicating boundaries, using movement for empowered expression, and affirming trust in one's voice and expression.

Key Concepts:
- Understanding Silencing: Recognizing the impact of silence on personal expression.
- Healing from Silence: Strategies for emotional recovery and self-compassion.
- Rediscovering the Voice: Reclaiming and strengthening personal expression.
- Building Trust in Expression: Developing confidence and trust in communication.
- Communicating Boundaries: Establishing and communicating personal limits confidently.
- Movement for Empowered Expression: Using movement to enhance vocal empowerment.
- Recap and Trust Affirmation: Reflecting on the week's lessons and affirming trust in personal expression.

Daily Overview:
Day 1: Understanding Silencing
Day 2: Healing from Silence
Day 3: Rediscovering the Voice
Day 4: Building Trust in Expression
Day 5: Communicating Boundaries
Day 6: Movement for Empowered Expression
Day 7: Recap and Trust Affirmation

ELEMENT OF AIR



Weekly Topic: When We've Been Silenced
Weekly Lens: Trust

Day 1: Understanding Silencing

Subtopic: Recognizing the Impact of Silence
Focus: Awareness of Silencing Experiences
The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Identify and understand personal experiences of being silenced.
- Activity: Silent Reflection Walk
- Instructions:
1. Find a quiet outdoor/indoor location where you can take a walk undisturbed.
2. Begin your walk in silence, focusing on your breath and the sensations of movement.
3. As you walk, reflect on times in your life when you felt silenced or unheard.
4. Notice any emotions or sensations that arise without judgment.
5. Take note of any insights or realizations that come up during your silent reflection.
6. After the walk, find a peaceful spot to sit and journal about your reflections on silence and its impact on your life.
7. Consider how these insights can inform your understanding of silencing and its effects on personal expression.

Supplemental Materials:
The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24
The 4 Dimensions of Recovery — Purpose
-Book: How to Murder Your Life: A Memoir by Cat Marnell
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Recovery On-Air

ELEMENT OF AIR



Weekly Topic: When We've Been Silenced
Weekly Lens: Trust

Day 2: Healing from Silence

Subtopic: Strategies for Emotional Recovery
Focus: Self-Compassion in the Face of Silence

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Practice self-compassion exercises for emotional recovery.
- Activity: Compassionate Letter Writing
- Instructions:
1. Set aside some quiet time for yourself in a comfortable space.
2. Reflect on a time when you felt silenced or unheard, acknowledging any emotions that arise.
3. Write a compassionate letter to yourself, offering kindness and understanding for the pain you experienced.
4. In the letter, affirm your worthiness of love and acceptance, regardless of past silencing experiences.
5. Be gentle with yourself as you write, allowing your words to flow with compassion and empathy.
6. After writing the letter, take a few deep breaths and read it aloud to yourself.
7. Notice how you feel after receiving your own words of compassion and understanding, and carry this sense of self-compassion with you throughout the day.

Supplemental Materials:
The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24
The 4 Dimensions of Recovery — Purpose
-Book: How to Murder Your Life: A Memoir by Cat Marnell
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Recovery On-Air

ELEMENT OF AIR



Weekly Topic: When We've Been Silenced
Weekly Lens: Trust

Day 3: Exploring Purpose and Meaning

Subtopic: Cultivating Clarity in Life's Direction
Focus: Pursuit of Purpose

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

The 4 Dimensions of Recovery — Purpose

The Purpose Dimension within Elemental Recovery emphasizes the importance of finding meaning and direction in the recovery journey. Through introspection and evidence-based practices like motivational interviewing, individuals uncover their intrinsic motivations, strengths, and aspirations. As they progress, they align their actions with newfound clarity, fostering personal growth and fulfillment.

Daily Call to Action: Life Purpose Exploration

- Instructions:

1. Take some time to reflect on your values, passions, and what brings you fulfillment.
2. Consider your strengths, skills, and unique qualities that contribute to your sense of purpose.
3. Engage in a brainstorming session or journaling exercise to explore potential avenues for aligning your actions with your sense of purpose.
4. Identify one actionable step you can take today to move closer to living a more purposeful life.

Supplemental Materials:

The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24
The 4 Dimensions of Recovery — Purpose
-Book: How to Murder Your Life: A Memoir by Cat Marnell
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Recovery On-Air

ELEMENT OF AIR



Weekly Topic: When We've Been Silenced
Weekly Lens: Trust

Day 4: Empathy and Boundary Setting

Subtopic: Understanding Others' Perspectives and Honoring Boundaries
Focus: Developing Empathetic Listening Skills and Respect for Boundaries

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Practice active listening and empathy towards others while respecting their boundaries.

- Activity: Empathy and Boundary Circle
- Instructions:
1. Form a small group with friends or peers.
2. Sit in a circle and designate one person as the speaker.
3. The speaker shares a personal story or experience.
4. Group members actively listen without interruption or judgment, while also respecting personal boundaries.
5. After the speaker finishes, each group member reflects back what they heard.
6. Rotate roles until each person has had a chance to share.
7. Discuss insights gained from the experience and how practicing empathy while honoring boundaries can deepen connections.

Supplemental Materials:

The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24
The 4 Dimensions of Recovery — Purpose
-Book: How to Murder Your Life: A Memoir by Cat Marnell
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Recovery On-Air

ELEMENT OF AIR

Day 4: Empathy and Boundary Setting
Subtopic: Understanding Others' Perspectives and Honoring Boundaries
Focus: Developing Empathetic Listening Skills and Respect for Boundaries



ELEMENT OF AIR



Weekly Topic: When We've Been Silenced
Weekly Lens: Trust

Day 5: Finding Voice Through Art

Subtopic: Expressing Emotions Creatively
Focus: Using Art as a Form of Self-Expression

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Utilize art as a tool for self-expression and healing.
- Activity: Creative Art Journaling
- Instructions:
1. Gather art supplies such as colored pencils, markers, paints, and paper.
2. Set aside a quiet and comfortable space for creative expression.
3. Reflect on emotions or experiences you wish to express.
4. Use the art supplies to create visual representations of your feelings.
5. Allow yourself to experiment and explore different artistic techniques.
6. Let go of self-judgment and focus on the process rather than the end result.
7. After completing your art journaling session, take time to reflect on the emotions expressed and any insights gained from the creative process.

Supplemental Materials:
The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24
The 4 Dimensions of Recovery — Purpose
-Book: How to Murder Your Life: A Memoir by Cat Marnell
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Recovery On-Air

ELEMENT OF AIR



Weekly Topic: When We've Been Silenced
Weekly Lens: Trust

Day 6: Building Supportive Communities

Subtopic: Creating Spaces for Authentic Expression
Focus: Fostering Connection and Understanding

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: - Action: Community Building Reflection
- Activity: Reflection Journaling
- Instructions:
1. Set aside time for introspection in a quiet and comfortable space.
2. Reflect on the qualities of a supportive community that resonate with you.
3. Write down your thoughts, feelings, and aspirations related to building and nurturing such communities.
4. Consider practical steps you can take to contribute to the creation of supportive environments in your own life.
5. Visualize yourself actively engaging with and fostering a sense of belonging within your communities.
6. Commit to incorporating these reflections into your daily interactions and endeavors.
7. Review and update your reflections regularly to track your progress and reinforce your commitment to community building.

Supplemental Materials:
The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24
The 4 Dimensions of Recovery — Purpose
-Book: How to Murder Your Life: A Memoir by Cat Marnell
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Recovery On-Air

ELEMENT OF AIR



Weekly Topic: When We've Been Silenced
Weekly Lens: Trust

Day 7: Commitment to Authentic Expression

Subtopic: Embracing Self-Expression Fully
Focus: Making a Personal Pledge

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Make a commitment to embracing and honoring your authentic voice.
- Activity: Personal Pledge Creation
- Instructions:
1. Set aside quiet time in a comfortable space where you won't be disturbed.
2. Reflect on the importance of authentic self-expression in your life.
3. Consider the ways in which you may have held back or silenced your true voice in the past.
4. Write a personal pledge or statement affirming your commitment to embracing and honoring your authentic voice.
5. Be specific about the actions you will take to support your commitment.
6. Read your pledge aloud with conviction, allowing the words to resonate within you.
7. Keep your pledge somewhere visible as a reminder of your commitment, and revisit it regularly to reaffirm your dedication to authentic expression.

Supplemental Materials:
The Trait-Based Model of Recovery: Conflict Resolution: Module 5 — Lesson 24
The 4 Dimensions of Recovery — Purpose
-Book: How to Murder Your Life: A Memoir by Cat Marnell
-Movie/Docu: "Brene Brown: Listening to Shame" (2012) - Another TED Talk by Brené Brown, in which she discusses the destructive power of shame and the importance of empathy, vulnerability, and resilience in overcoming it.
-Podcast: Recovery On-Air

ELEMENT OF AIR



Week 24: Why Do Their Dreams Come True, but Mine are Slower to Come True?

Weekly Topic: Why Do Their Dreams Come True, but Mine are Slower to Come True?

Weekly Lens: Clarity

The Trait-Based Model of Recovery: Module 3 — Lesson 14

Summary: Week 24 focuses on navigating the journey towards personal dreams, embracing individual paths, cultivating patience, strategizing for success, overcoming obstacles with clarity, reflecting on growth, and affirming clarity in the personal journey, all guided by the element of Air. Participants will explore the impact of comparisons, celebrate personal progress, develop patience-building strategies, set actionable goals, clear mental blocks, reflect on personal growth, and affirm clarity in their pursuit of dreams.

Key Components:

- Examining Comparisons: Understanding the impact of comparing dreams and aspirations.
- Embracing Individual Paths: Recognizing the uniqueness of personal journeys and celebrating progress.
- Cultivating Patience: Developing patience-building strategies for a fulfilling journey.
- Strategies for Dream Manifestation: Setting actionable goals to move closer to dreams.
- Navigating Obstacles with Clarity: Clearing mental blocks and obstacles with a focused mindset.
- Mindful Reflection on Personal Growth: Reflecting on personal growth amidst challenges with gratitude.
- Recap and Clarity Affirmation: Integrating lessons on patience and clarity and affirming a clear vision for personal dreams.

Daily Overview:

Day 1: Examining Comparisons
Day 2: Embracing Individual Paths
Day 3: Recap and Clarity Affirmation
Day 4: Patience and Persistence
Day 5: Gratitude for Progress
Day 6: Seeking Support
Day 7: Visualization and Affirmation

ELEMENT OF AIR



Weekly Topic: Why Do Their Dreams Come True, but Mine are Slower to Come True?
Weekly Lens: Clarity

Day 1: Examining Comparisons

Subtopic: Understanding the Pitfalls of Comparing Dreams
Focus: Identifying Harmful Comparison Patterns
The Trait-Based Model of Recovery: Module 3 — Lesson 14

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Reflect on personal tendencies to compare dreams and aspirations.
- Instructions:
1. Create a comparison log in your journal with two columns labeled "My Dream" and "Comparison."
2. Throughout the day, whenever you catch yourself comparing your dreams or progress to others, make a note in the "Comparison" column.
3. For each comparison, write down the emotions or thoughts that arise as a result of the comparison.
4. At the end of the day, review your comparison log and reflect on any recurring patterns or triggers.
5. Consider how these comparisons impact your mindset and motivation towards your own dreams.
6. Use this awareness to challenge and reframe any negative comparison patterns going forward.

Supplemental Materials:
The Trait-Based Model of Recovery: Building Healthy Relationships: Module 3 — Lesson 14
The 4 Dimensions of Recovery — Community
-Book: Scar Tissue by Anthony Kiedis & Larry Sloman
-Movie/Docu: Samsara" (2011) - A spiritual sequel to "Baraka," offering another mesmerizing voyage through humanity's diverse cultures and landscapes, inviting viewers to reflect on impermanence and mindfulness.
-Podcast: The Way Out | A Sobriety & Recovery Podcast

ELEMENT OF AIR



Weekly Topic: Why Do Their Dreams Come True, but Mine are Slower to Come True?
Weekly Lens: Clarity

Day 2: Embracing Individual Paths

Subtopic: Recognizing the Uniqueness of Personal Journeys
Focus: Celebrating Personal Progress

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Acknowledge and celebrate personal progress and achievements.
- Activity: Achievement Celebration Practice
- Instructions:
1. Set aside some time in a quiet and comfortable space.
2. Reflect on three achievements or progress points you've made on your personal journey.
3. Light a candle or create a small altar with items that symbolize these achievements.
4. Take a moment to express gratitude for each accomplishment, either silently or aloud.
5. Visualize each achievement as a milestone on your unique path and feel a sense of pride and fulfillment.
6. Consider how far you've come and the growth you've experienced along the way.
7. Blow out the candle or spend a few moments in quiet reflection before continuing with your day.

Supplemental Materials:
The Trait-Based Model of Recovery: Building Healthy Relationships: Module 3 — Lesson 14
The 4 Dimensions of Recovery — Community
-Book: Scar Tissue by Anthony Kiedis & Larry Sloman
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ELEMENT OF AIR



Weekly Topic: Why Do Their Dreams Come True, but Mine are Slower to Come True?
Weekly Lens: Clarity

Day 3: Community Connection Celebration
Subtopic: Reflecting on Our Shared Journey
Focus: Affirming Community Bonds

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

The 4 Dimensions of Recovery — Community
Community serves as a pillar of support and togetherness in Elemental Recovery. Through peer support initiatives, group activities, and shared experiences, participants establish deep connections with individuals facing similar challenges and aspirations. This sense of camaraderie fosters validation, belonging, and resilience, empowering individuals to navigate their recovery journey with strength and encouragement.

Daily Call to Action: Reflect on and express gratitude for the supportive community in Elemental Recovery.

- Instructions:

1. Take a moment to sit in a comfortable and quiet space.
2. Reflect on the connections and support you've experienced within the Elemental Recovery community.
3. Write down the names of individuals who have positively impacted your recovery journey and express gratitude for their presence in your life.
4. Consider specific instances where the community has uplifted and supported you, and jot down your thoughts and feelings about these experiences.
5. Take a moment to send silent or spoken gratitude to the community as a whole for its role in your healing and growth.
6. Revisit your gratitude journal entries whenever you need a reminder of the strength and support present within your community.
7. Consider ways you can contribute to and further strengthen the community bonds in Elemental Recovery.

ELEMENT OF AIR



Day 3: Community Connection Celebration
Subtopic: Reflecting on Our Shared Journey
Focus: Affirming Community Bonds

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Supplemental Materials:
The Trait-Based Model of Recovery: Building Healthy Relationships: Module 3 — Lesson 14
The 4 Dimensions of Recovery — Community
-Book: Scar Tissue by Anthony Kiedis & Larry Sloman
-Movie/Docu: Samsara" (2011) - A spiritual sequel to "Baraka," offering another mesmerizing voyage through humanity's diverse cultures and landscapes, inviting viewers to reflect on impermanence and mindfulness.
-Podcast: The Way Out | A Sobriety & Recovery Podcast

ELEMENT OF AIR



Weekly Topic: Why Do Their Dreams Come True, but Mine are Slower to Come True?
Weekly Lens: Clarity

Day 4: Patience and Persistence

Subtopic: Understanding the Role of Time and Effort in Success
Focus: Cultivating Patience and Perseverance

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Develop patience and persistence in pursuit of long-term goals.

- Instructions:

1. Find a quiet space where you can reflect without interruption.
2. Write a letter to your future self, discussing your current dreams, aspirations, and the progress you've made so far.
3. Consider the challenges you've faced and the lessons you've learned about patience and persistence.
4. Seal the letter in an envelope along with any small mementos or symbols representing your journey.
5. Choose a future date, such as six months or a year from now, to open the time capsule and read your letter.
6. Reflect on your growth and progress when you open the time capsule, acknowledging the value of patience and persistence in achieving your goals.

Supplemental Materials:

The Trait-Based Model of Recovery: Building Healthy Relationships: Module 3 — Lesson 14
The 4 Dimensions of Recovery — Community
-Book: Scar Tissue by Anthony Kiedis & Larry Sloman
-Movie/Docu: Samsara" (2011) - A spiritual sequel to "Baraka," offering another mesmerizing voyage through humanity's diverse cultures and landscapes, inviting viewers to reflect on impermanence and mindfulness.
-Podcast: The Way Out | A Sobriety & Recovery Podcast

ELEMENT OF AIR



Weekly Topic: Why Do Their Dreams Come True, but Mine are Slower to Come True?
Weekly Lens: Clarity

Day 5: Gratitude for Progress

Subtopic: Recognizing and Appreciating Milestones
Focus: Cultivating Gratitude for Personal Growth

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Mindful Nature Connection
Instructions:
1. Find a quiet spot outdoors, like a park or garden.
2. Sit comfortably, feeling the earth beneath you.
3. Take deep breaths, observing your surroundings.
4. Use your senses to notice colors, sounds, and sensations.
5. Feel connected to the ground beneath you.
6. Be present and let go of distractions.
7. Take a few more deep breaths, appreciating this moment.
8. Slowly return your awareness to your surroundings.

Supplemental Materials:
The Trait-Based Model of Recovery: Building Healthy Relationships: Module 3 — Lesson 14
The 4 Dimensions of Recovery — Community
-Book: Scar Tissue by Anthony Kiedis & Larry Sloman
-Movie/Docu: Samsara" (2011) - A spiritual sequel to "Baraka," offering another mesmerizing voyage through humanity's diverse cultures and landscapes, inviting viewers to reflect on impermanence and mindfulness.
-Podcast: The Way Out | A Sobriety & Recovery Podcast

ELEMENT OF AIR



Weekly Topic: Why Do Their Dreams Come True, but Mine are Slower to Come True?
Weekly Lens: Clarity

Day 6: Seeking Support
Subtopic: Utilizing Resources and Community
Focus: Building a Support Network

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action:
Identify and engage with supportive resources and communities to aid in the pursuit of dreams: Support Network Mapping
- Instructions:
1. Take out a piece of paper and draw a circle in the center, representing yourself.
2. Around the circle, write down the names of people in your life who support and encourage you.
3. Next, draw lines connecting your circle to the circles representing each person on your list.
4. In each connected circle, write down how that person supports you and how you can lean on them for help.
5. Consider other resources or communities that have been supportive, such as books, podcasts, or online groups, and add them to your map.
6. Reflect on the strength of your support network and how you can leverage it to overcome challenges and achieve your dreams.
7. Keep your support network map in a visible place as a reminder of the people and resources you can turn to for guidance and encouragement.

ELEMENT OF AIR

Day 6: Seeking Support
Subtopic: Utilizing Resources and Community
Focus: Building a Support Network



Supplemental Materials:
The Trait-Based Model of Recovery: Building Healthy Relationships: Module 3 — Lesson 14
The 4 Dimensions of Recovery — Community
-Book: Scar Tissue by Anthony Kiedis & Larry Sloman
-Movie/Docu: Samsara" (2011) - A spiritual sequel to "Baraka," offering another mesmerizing voyage through humanity's diverse cultures and landscapes, inviting viewers to reflect on impermanence and mindfulness.
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ELEMENT OF AIR



Weekly Topic: Why Do Their Dreams Come True, but Mine are Slower to Come True?
Weekly Lens: Clarity

Day 7: Visualization and Affirmation

Subtopic: Harnessing the Power of Positive Imagery
Focus: Reinforcing Confidence and Belief in Success

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Use visualization and affirmation techniques to reinforce belief in the attainment of personal dreams. Try this Future Self Visualization:

- Instructions:

1. Find a comfortable and quiet space where you can relax and focus without distractions.
2. Close your eyes and take a few deep breaths to center yourself.
3. Visualize your future self, living the life you dream of and achieving your goals with confidence and ease.
4. Imagine the details of your success, including how you feel, what you see, and who is with you.
5. Repeat affirmations aloud or silently that reinforce your belief in your ability to reach your dreams, such as "I am capable, determined, and worthy of success."
6. Spend at least 10-15 minutes fully immersed in this visualization, allowing yourself to feel the emotions of accomplishment and fulfillment.

Supplemental Materials:

The Trait-Based Model of Recovery: Building Healthy Relationships: Module 3 — Lesson 14
The 4 Dimensions of Recovery — Community
-Book: Scar Tissue by Anthony Kiedis & Larry Sloman
-Movie/Docu: Samsara" (2011) - A spiritual sequel to "Baraka," offering another mesmerizing voyage through humanity's diverse cultures and landscapes, inviting viewers to reflect on impermanence and mindfulness.
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ELEMENT OF AIR



Week 25: How do we Hold Space and Vision?

Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality
The Trait-Based Model of Recovery: Cravings and Triggers: Module 3 — Lesson 13

Summary: In Week 25, we'll dive into some important topics guided by the element of Air. We'll explore holding space, the power of vision, confidentiality, active listening, nurturing personal and collective visions, building a visionary community, and affirming our visions.

Key Components:
- Understanding Holding Space: Making safe and supportive environments for growth.
- The Power of Vision: Visualizing and making our personal dreams come true.
- Cultivating Confidentiality: Building trust by keeping things private.
- Active Listening and Empathy: Being better listeners and showing understanding.
- Nurturing Personal and Collective Visions: Bringing our personal and group dreams together in a vision statement.
- Building a Visionary Community: Creating a supportive group with shared goals.
- Recap and Visionary Affirmation: Looking back on what we've learned and confirming our personal and group dreams.

Daily Overview:
Day 1: Understanding the Concept of Holding Space
Day 2: The Role of Vision in Personal Growth
Day 3: Cultivating Confidentiality
Day 4: Active Listening and Empathy
Day 5: Nurturing Personal and Collective Visions
Day 6: Building a Visionary Community
Day 7: Recap and Visionary Affirmation

ELEMENT OF AIR



Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality

Day 1: Understanding the Concept of Holding Space
Subtopic: Creating a Safe and Supportive Environment
Focus: Importance of Confidentiality
The Trait-Based Model of Recovery: Module 3 - Lesson 13

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Identify elements of a safe and supportive space.
- Activity: Safe Space Checklist
- Instructions:
1. Create a checklist with the following categories: Physical Environment, Emotional Support, Confidentiality, and Respectful Communication.
2. Reflect on each category and list specific elements that contribute to a safe and supportive space.
3. For example:
   - Physical Environment: Comfortable seating, adequate lighting, and private meeting areas.
   - Emotional Support: Active listening, empathy, and non-judgmental attitudes.
   - Confidentiality: Respect for privacy, agreement to keep discussions confidential, and secure handling of personal information.
   - Respectful Communication: Openness to diverse perspectives, speaking with kindness and consideration, and refraining from interrupting or dominating conversations.
4. Use this checklist to assess and improve the safety and supportiveness of spaces you encounter, whether it's at home, work, or within your community.
5. Reflect on how these elements contribute to creating an environment where individuals feel heard, respected, and valued

ELEMENT OF AIR



Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality

Day 2: The Power of Visualization in Personal Growth

Subtopic: Harnessing Imagination to Manifest Goals
Focus: Clarity and Intention Setting

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Engage in a creative visualization exercise to manifest personal aspirations.

- Creative Visualization Exercise
- Instructions:

1. Find a quiet and comfortable space where you can relax without interruptions.
2. Close your eyes and take a few deep breaths to center yourself and clear your mind.
3. Envision yourself in a place where you feel completely at peace and empowered. This could be a serene natural setting, a cozy room, or any other environment where you feel safe and inspired.
4. Imagine your ideal future, focusing on your aspirations, goals, and dreams in various aspects of your life, including career, relationships, health, and personal development.
5. Visualize yourself achieving these goals with clarity and detail. Picture yourself taking specific actions and experiencing the emotions associated with success and fulfillment.
6. Engage all your senses in the visualization process. Notice the sights, sounds, smells, and sensations associated with your imagined reality.
7. Hold onto this vision for a few minutes, allowing yourself to fully immerse in the experience.

Supplemental Materials:

The Trait-Based Model of Recovery: Cravings and Triggers: Module 3 — Lesson 13
Intro to Trauma Informed Care and Why It's Important
-Book: "The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions" by Christopher K. Germer
-Movie/Docu: "The Bucket List" - A heartwarming film that explores the importance of living life fully, pursuing dreams, and cultivating meaningful relationships.
-Podcast: Recovery Uncovered

ELEMENT OF AIR



Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality

Day 3: Cultivating Confidentiality

Subtopic: Building Trust through Confidentiality
Focus: Confidential Communication Practices

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Reflect on and commit to confidentiality in communication.
- Activity: Confidentiality Reflection and Commitment
- Instructions:
1. Take some time to reflect on the importance of confidentiality in building trust and fostering supportive relationships.
2. Consider past experiences where confidentiality was respected and how it contributed to a sense of safety and trust.
3. Reflect on any challenges or concerns you may have about maintaining confidentiality in your interactions.
4. Write a personal confidentiality pledge outlining your commitment to respecting the privacy and trust of others.
5. Consider including specific actions or behaviors you will adopt to uphold confidentiality, such as refraining from gossip or seeking permission before sharing personal information.
6. Keep your confidentiality pledge somewhere visible as a reminder of your commitment to creating safe and trustworthy relationships.

Supplemental Materials:
The Trait-Based Model of Recovery: Cravings and Triggers: Module 3 — Lesson 13
Intro to Trauma Informed Care and Why It's Important
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-Movie/Docu: "The Bucket List" - A heartwarming film that explores the importance of living life fully, pursuing dreams, and cultivating meaningful relationships.
-Podcast: Recovery Uncovered

ELEMENT OF AIR



Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality

Day 4: Active Listening and Empathy

Subtopic: Enhancing Supportive Communication
Focus:Empathetic Listening Skills

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Practice active listening for empathetic communication.

- Activity: Active Listening Role Play
- Instructions:

1. Pair up with a partner or small group.
2. Choose a role for each participant: Speaker and Listener(s).
3. The Speaker will share a personal story, experience, or challenge while the Listener(s) practice active listening.
4. As the Listener, focus on giving your full attention to the Speaker without interrupting or offering advice.
5. Use nonverbal cues such as nodding and maintaining eye contact to show that you are engaged and empathetic.
6. After the Speaker has finished sharing, reflect back on what you heard and ask clarifying questions to demonstrate your understanding.
7. Switch roles and repeat the exercise, allowing each participant to experience both speaking and listening.

Supplemental Materials:

The Trait-Based Model of Recovery: Cravings and Triggers: Module 3 — Lesson 13
Intro to Trauma Informed Care and Why It's Important
-Book: "The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions" by Christopher K. Germer
-Movie/Docu: "The Bucket List" - A heartwarming film that explores the importance of living life fully, pursuing dreams, and cultivating meaningful relationships.
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ELEMENT OF AIR



Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality

Day 5: Nurturing Personal and Collective Visions

Subtopic: Synergy of Individual and Shared Dreams
Focus: Creating a Vision Statement

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Formulate personal and collective vision statements

1. Reflect on personal aspirations and values across various life aspects.
2. Write key phrases capturing goals and desired outcomes.
3. Compare personal vision with community or organizational visions.
4. Collaboratively create a collective vision statement.
5. Review and refine both personal and collective statements.
6. Share with others and seek feedback for adjustments.
7. Keep vision statements visible for regular focus and motivation.

Supplemental Materials:

The Trait-Based Model of Recovery: Cravings and Triggers: Module 3 — Lesson 13
Intro to Trauma Informed Care and Why It's Important
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-Podcast: Recovery Uncovered

ELEMENT OF AIR



Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality

Day 6: Building a Visionary Community

Subtopic: Fostering a Supportive Network
Focus: Shared Goals and Aspirations

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Visionary Community Networking Event
- Instructions:
1. Organize a networking event or gathering with like-minded individuals who share a passion for personal and collective growth.
2. Create a relaxed and welcoming atmosphere where participants can connect, share ideas, and collaborate on projects.
3. Facilitate icebreaker activities or group discussions to encourage participants to introduce themselves and share their visions and goals.
4. Provide opportunities for individuals to find common interests and identify potential areas for collaboration or support.
5. Encourage participants to exchange contact information and stay connected beyond the event.
6. Consider organizing follow-up meetings or workshops to further explore shared interests and goals identified during the networking event.
7. Reflect on the connections made and the potential for collaboration within the visionary community. Identify ways to continue nurturing these relationships and supporting each other's growth and development.

ELEMENT OF AIR





Supplemental Materials:

The Trait-Based Model of Recovery: Cravings and Triggers: Module 3 — Lesson 13

Intro to Trauma Informed Care and Why It's Important

-Book: "The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions" by Christopher K. Germer

-Movie/Docu: "The Bucket List" - A heartwarming film that explores the importance of living life fully, pursuing dreams, and cultivating meaningful relationships.

-Podcast: Recovery Uncovered

ELEMENT OF AIR



Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality

Day 7: Recap and Visionary Affirmation

Subtopic: Integrating Lessons on Confidentiality and Vision
Focus: Affirming Personal and Collective Visions

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Daily Call to Action: Affirm personal and collective visions after a week of exploration.
- Activity: Visionary Affirmation Practice
- Instructions:

1. Find a quiet and comfortable space where you can focus on your thoughts and feelings without distractions.
2. Take a few deep breaths to center yourself and bring your attention to the present moment.
3. Reflect on the personal and collective vision statements you developed earlier in the week. Recall the aspirations, goals, and values they represent.
4. Close your eyes and visualize yourself living in alignment with your vision, experiencing the fulfillment of your goals and the realization of your dreams.
5. Repeat affirmations that reinforce your commitment to your vision and the steps you will take to manifest it. For example, "I am aligned with my vision, and I take purposeful actions every day to bring it to fruition."
6. Engage your senses by incorporating elements such as visualization, verbal affirmations, and tactile sensations (e.g., holding symbolic objects or touching meaningful items).
7. Take as much time as you need to immerse yourself in this affirming Practice, allowing yourself to feel empowered, inspired, and ready to pursue your vision with clarity and determination.
8. After completing the affirmation Practice, journal about your experience and any insights or emotions that arose during the process. Reflect on how reaffirming your vision strengthens your commitment to personal and collective growth.

ELEMENT OF AIR



Weekly Topic: How do we Hold Space and Vision?
Weekly Lens: Confidentiality

Elemental Information: Embracing the airy energy within Elemental Recovery, participants continue to soar towards clarity in their dreams. Utilizing breathwork and open communication, individuals foster authenticity and express themselves with newfound confidence. This element fosters mental clarity and vision, guiding participants to articulate their aspirations and pave a clear path forward in their recovery journey.

Supplemental Materials:

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ELEMENT OF AIR



Week 26: Sharing Dreams with Safe People in Safe Spaces

Weekly Topic: Sharing Dreams with Safe People in Safe Spaces
Weekly Lens: Love
The Trait-Based Model of Recovery: Module 8— Lesson 39

Summary: This week marks a transition from the ethereal qualities of the Air element to the grounded stability of the Earth element. We'll focus on connecting with nature, embracing stability, and nurturing energy as we explore the theme of sharing dreams with safe people in safe spaces.

Building upon the foundational principles of trauma-informed care, Elemental Recovery extends its commitment to compassionate support through Trauma-Responsive Care. This approach acknowledges and addresses the unique needs of individuals who have experienced trauma, as well as their caregivers and family units. By tailoring interventions to meet the diverse needs of each individual and recognizing the interconnectedness of trauma within family systems, Elemental Recovery strives to provide holistic and effective support for healing and growth.

Key Concepts:
- Transitioning from Air to Earth element
- Cultivating earthly practices and connecting with nature
- Reflecting on inner stability and grounding
- Expressing gratitude for Earth's abundance
- Practicing yoga for grounding and stability
- Engaging in creative expression using natural materials
- Affirming connection with Earth's qualities

Daily Overview:
Day 1: Transitioning to Earth - Cultivating Earthly Practices
Day 2: Connecting with Earth - Nature Walk and Reflection
Day 3: Earthly Reflection
Day 4: Earthly Gratitude Practice
Day 5: Earth Element Yoga
Day 6: Earthly Creation
Day 7: Earth Element Affirmation

ELEMENT OF AIR



Weekly Topic: Sharing Dreams with Safe People in Safe Spaces
Weekly Lens: Love

Day 1: Transitioning to Earth - Cultivating Earthly Practices

Subtopic: Embracing Earth's Qualities
Focus: Incorporating Earth Elements
The Trait-Based Model of Recovery: Archetypes at Work: Module 8— Lesson 39

Elemental Information: Transitioning from the airy energy of Elemental Recovery, where participants soared towards clarity in their dreams through breathwork and open communication, we now shift our focus to the grounding qualities of the earth element. In the first month of exploring earth, our emphasis is on being centered, grounded, and exploring leadership.

Daily Call to Action: Participate in activities that connect with Earth elements.
- Activity: Earth Element Crafting

1. Gather materials that symbolize the Earth element, such as clay, stones, soil, leaves, or plants.
2. Find a quiet and comfortable space where you can work with the materials without distractions.
3. Take a few moments to ground yourself by taking deep breaths and connecting with the present moment.
4. Begin crafting something that represents your connection with the Earth element. You can sculpt a small figurine, create a nature-inspired artwork, or arrange natural objects in a meaningful way.
5. As you work with the materials, focus on the qualities of the Earth element, such as stability, grounding, nourishment, and growth.
6. Allow your intuition to guide you in the creative process, trusting that your creation will reflect your deepening connection with the Earth element.
7. Once you have finished crafting, take a moment to admire your creation and reflect on the significance of the Earth element in your life.
8. Place your crafted item in a prominent location where you can see it regularly as a reminder of your connection with the Earth element and your intention to cultivate Earthly practices.

ELEMENT OF AIR

Day 1: Transitioning to Earth - Cultivating Earthly Practices
Subtopic: Embracing Earth's Qualities
Focus: Incorporating Earth Elements



Supplemental Materials:
The Trait-Based Model of Recovery: Archetypes at Work: Module 8— Lesson 39
Exploring Trauma Responsive Care
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "The Pursuit of Happyness" - Based on a true story, the film portrays the power of resilience, positive thinking, and determination in overcoming adversity.
-Podcast: Recovery Coast to Coast

ELEMENT OF AIR



Weekly Topic: Sharing Dreams with Safe People in Safe Spaces
Weekly Lens: Love

Day 2: Connecting with Earth - Nature Walk and Reflection

Subtopic: Immersing in Earth's Natural Energy
Focus: Mindful Connection with Nature

Elemental Information: Transitioning from the airy energy of Elemental Recovery, where participants soared towards clarity in their dreams through breathwork and open communication, we now shift our focus to the grounding qualities of the earth element. In the first month of exploring earth, our emphasis is on being centered, grounded, and exploring leadership.

Daily Call to Action: Take a nature walk and journal about the experience.
- Activity: Earth Element Nature Connection
- Instructions:
1. Choose a natural setting such as a park, forest, beach, or garden for your nature walk.
2. Before you begin your walk, take a few moments to observe your surroundings and connect with the Earth's energy. Take deep breaths and feel your feet firmly planted on the ground.
3. As you walk, engage your senses fully. Notice the sights, sounds, smells, textures, and tastes of nature around you. Take your time and allow yourself to be fully present in the moment.
4. Pay attention to any signs of life and growth, such as plants, animals, insects, or flowing water. Reflect on the interconnectedness of all living beings and your place within the natural world.
5. Find a quiet spot where you can sit and journal about your nature experience. Write about what you observed, how it made you feel, and any insights or inspirations that arose during the walk. Consider how spending time in nature nurtures your connection with the Earth element and promotes feelings of groundedness, peace, and vitality.

Supplemental Materials:
The Trait-Based Model of Recovery: Archetypes at Work: Module 8— Lesson 39
Exploring Trauma Responsive Care
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ELEMENT OF AIR



Weekly Topic: Sharing Dreams with Safe People in Safe Spaces
Weekly Lens: Love

Day 3: Earthly Reflection

Subtopic: Finding Stability Within
Focus: Centering Yourself in the Present

Elemental Information: Transitioning from the airy energy of Elemental Recovery, where participants soared towards clarity in their dreams through breathwork and open communication, we now shift our focus to the grounding qualities of the earth element. In the first month of exploring earth, our emphasis is on being centered, grounded, and exploring leadership.

Daily Call to Action: Guided Reflection for Grounding

1. Find a quiet and comfortable space where you won't be disturbed.
2. Close your eyes and take several deep breaths, focusing on the sensation of air entering and leaving your body.
3. Bring your awareness to the concept of stability and grounding, imagining yourself rooted like a tree to the Earth's core.
4. Reflect on a time when you felt completely grounded and secure. What were the circumstances? How did it make you feel?
5. Consider ways you can incorporate more stability into your life. This could be through daily routines, mindfulness practices, or spending time in nature.
6. Write down your reflections in a journal, noting any insights or ideas that arise.

Supplemental Materials:

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ELEMENT OF AIR



Weekly Topic: Sharing Dreams with Safe People in Safe Spaces
Weekly Lens: Love

Day 4: Earthly Gratitude Practice

Subtopic: Appreciating the Gifts of the Earth
Focus: Cultivating Gratitude for Earth's Blessings

Elemental Information: Transitioning from the airy energy of Elemental Recovery, where participants soared towards clarity in their dreams through breathwork and open communication, we now shift our focus to the grounding qualities of the earth element. In the first month of exploring earth, our emphasis is on being centered, grounded, and exploring leadership.

Daily Call to Action: Earth Element Gratitude Journaling
- Instructions:
1. Set aside some quiet time and gather a journal or notebook.
2. Begin by contemplating the gifts of the Earth around you, such as clean air, fresh water, nutritious food, and the beauty of nature.
3. Write down three things you're grateful for that are directly connected to the Earth's resources or natural beauty.
4. Reflect on why each of these things is important to you and how they enhance your life.
5. Take a moment to express your gratitude for the abundance provided by the Earth, whether it's through words of thanks or a simple gesture like placing your hand over your heart.
6. Consider ways you can give back to the Earth and show your appreciation for its gifts, such as volunteering for environmental causes or practicing sustainable living habits.

Supplemental Materials:
The Trait-Based Model of Recovery: Archetypes at Work: Module 8— Lesson 39
Exploring Trauma Responsive Care
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-Movie/Docu: "The Pursuit of Happyness" - Based on a true story, the film portrays the power of resilience, positive thinking, and determination in overcoming adversity.
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ELEMENT OF AIR



Weekly Topic: Sharing Dreams with Safe People in Safe Spaces
Weekly Lens: Love

Day 5: Rooting and Grounding into the Earth

Subtopic: Cultivating Grounded Awareness
Focus: Finding Stability and Presence Through Mindfulness

Elemental Information: Transitioning from the airy energy of Elemental Recovery, where participants soared towards clarity in their dreams through breathwork and open communication, we now shift our focus to the grounding qualities of the earth element. In the first month of exploring earth, our emphasis is on being centered, grounded, and exploring leadership.

Daily Call to Action: Engage in a mindfulness practice to connect with the Earth and cultivate grounded awareness.
- Activity: Earth Element Mindfulness Practice
- Instructions:
1. Find a quiet, comfortable space.
2. Close your eyes, take deep breaths, and focus on your breath.
3. Visualize roots extending from your body into the Earth.
4. Inhale Earth's energy, exhale tension.
5. Stay mindful and connected for a few minutes.

Supplemental Materials:
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ELEMENT OF AIR



Weekly Topic: Sharing Dreams with Safe People in Safe Spaces
Weekly Lens: Love

Day 6: Earthly Inspiration

Subtopic: Drawing from Nature's Beauty for Creative Expression
Focus: Finding Inspiration in Earth's Elements

Elemental Information: Transitioning from the airy energy of Elemental Recovery, where participants soared towards clarity in their dreams through breathwork and open communication, we now shift our focus to the grounding qualities of the earth element. In the first month of exploring earth, our emphasis is on being centered, grounded, and exploring leadership.

Daily Call to Action: Earth Element Journaling

- Instructions:

1. Find a quiet outdoor spot where you can be surrounded by nature.
2. Take a few moments to observe your surroundings, paying attention to the sights, sounds, and smells of the Earth.
3. Open your journal and begin writing about your observations and experiences in nature. Describe the colors, textures, and shapes you see, and how they make you feel.
4. Reflect on your personal connection with the Earth and how it inspires you.
5. Use nature as a metaphor for your own life journey. Consider how the cycles of nature mirror your own growth, change, and resilience.
6. Allow your thoughts and emotions to flow freely onto the pages of your journal, without judgment or expectation.
7. Take some time to reread what you've written and contemplate the insights and inspiration you've gained.

Supplemental Materials:

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ELEMENT OF AIR



Weekly Topic: Sharing Dreams with Safe People in Safe Spaces
Weekly Lens: Love

Day 7: Earth Element Affirmation

Subtopic: Embracing Stability and Nurturing Energy
Focus:Affirmations for Grounding and Support

Elemental Information: Transitioning from the airy energy of Elemental Recovery, where participants soared towards clarity in their dreams through breathwork and open communication, we now shift our focus to the grounding qualities of the earth element. In the first month of exploring earth, our emphasis is on being centered, grounded, and exploring leadership.

Daily Call to Action: Earth Element Affirmation Practice

1. Find a quiet and comfortable space where you can sit or stand with a sense of stability.
2. Close your eyes and take a few deep breaths, allowing yourself to relax and become present in the moment.
3. Reflect on the qualities of the Earth element, such as stability, reliability, patience, and nurturing.
4. Repeat affirmations that resonate with these qualities, such as "I am grounded and supported by the Earth's energy" or "I trust in the natural flow of life."
5. Visualize yourself surrounded by the grounding energy of the Earth, feeling rooted and secure in your connection.
6. As you repeat each affirmation, focus on the feelings of stability and support that it invokes within you.
7. Take as much time as you need to affirm your connection with the Earth element and internalize the qualities it represents.

Supplemental Materials:

The Trait-Based Model of Recovery: Archetypes at Work: Module 8— Lesson 39
Exploring Trauma Responsive Care
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "The Pursuit of Happyness" - Based on a true story, the film portrays the power of resilience, positive thinking, and determination in overcoming adversity.
-Podcast: Recovery Coast to Coast

ELEMENT OF EARTH



Quarter Three Overview

Introduction to the Element of Earth:

Welcome to the third quarter of the Elemental Recovery program, where we embark on a journey through the element of earth. Building upon the transformative experiences of the previous quarters, which explored the fiery passion of the first quarter and the airy realm of self-expression in the second quarter, we now turn our focus to being centered, grounded, and rooted in our authenticity. In this quarter, we delve into the essence of earth, drawing strength from its stability and nurturing qualities to explore themes of leadership and manifesting our dreams. Through grounding practices, introspection, and cultivating a deep connection with the earth, participants will harness the power of stability and resilience as they continue their journey towards healing and self-discovery. Join us as we embark on this next phase of growth and transformation, rooted in the solid foundation of the earth element.

Quarter 3: Earth Element - Grounding and Nurturing Growth

During weeks 27-39, participants focus on cultivating inner stability and groundedness through the theme "I Am... Centered." This theme encourages individuals to anchor themselves in authenticity, providing a solid foundation for navigating challenges and pursuing aspirations with clarity.

Focus Areas:

Consistency, Planning, Family Dynamics, Self-Leadership, and Connection to Nature

Weeks 27-39 prioritize consistency, planning, family dynamics, self-leadership, and connection to nature. Participants commit to regular practices and routines, develop planning skills, navigate familial relationships, cultivate self-leadership qualities, and reconnect with nature for grounding and inspiration.

Central concepts during weeks 27-39 include stability, growth, leadership, and nurturing oneself and others. Participants strive to cultivate inner strength and resilience, embrace growth as an ongoing process, develop leadership skills, and prioritize self-care and supportive relationships.

ELEMENT OF EARTH



Week 27: I am...Centered

Weekly Topic: I am...Centered
Weekly Lens: Always Doing Your Best
The Trait-Based Model of Recovery: Module 4 — Lesson 17

Summary: In Week 27, participants will explore grounding practices, nurturing the self, building resilience, balancing stability with growth, connecting with nature, cultivating patience, and affirming Earth's qualities, all guided by the element of Earth. They will focus on establishing earthly foundations, embracing nurturing qualities, strengthening resilience, harmonizing stability and growth, connecting mindfully with nature, practicing patience, and affirming the embrace of Earth's qualities.

Key Concepts:
- Grounding Practices: Establishing stability through mindful connection with Earth.
- Nurturing the Self: Embracing Earth's nurturing qualities through self-care Practices.
- Building Resilience: Strengthening inner resilience with Earth's stability.
- Earthly Balance: Reflecting on balancing stability with personal growth.
- Connecting with Nature: Engaging in outdoor mindfulness activities for a mindful connection with Earth.
- Cultivating Patience: Practicing patience with Earth's slow and steady approach.
- Recap and Earth Affirmation: Consolidating insights from Earth and affirming the embrace of its qualities.

Daily Overview:
Day 1: Grounding Practices - Establishing Earthly Foundations
Day 2: Nurturing the Self - Embracing Earth's Nurturing Qualities
Day 3: Building Resilience - Earth's Stability and Resilience
Day 4: Earthly Balance - Harmonizing Stability and Growth
Day 5: Connecting with Nature - Outdoor Mindfulness Session
Day 6: Cultivating Patience - Earth's Slow and Steady Approach
Day 7: Recap and Earth Affirmation - Embracing Earth's Qualities

ELEMENT OF EARTH



Weekly Topic: I am...Centered
Weekly Lens: Always Doing Your Best

Day 1: Grounding Practices - Establishing Earthly Foundations

Subtopic: Establishing Earthly Foundations
Focus: Mindful Connection with Earth
The Trait-Based Model of Recovery: Module 4 — Lesson 17

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Begin the week with a grounding meditation for stability.

Earth Element Grounding Meditation

1. Find a quiet and comfortable space where you won't be disturbed for the duration of the meditation.
2. Sit or lie down in a relaxed position, with your spine straight and your hands resting gently on your lap or by your sides.
3. Close your eyes and take several slow, deep breaths, allowing yourself to relax and let go of any tension or stress.
4. Begin to bring your awareness to the sensation of the Earth beneath you. Feel its support and stability beneath your body.
5. Visualize roots extending from the soles of your feet, anchoring you firmly to the Earth's core. Imagine these roots growing deep into the ground, connecting you to the nourishing energy of the Earth.
6. With each inhale, imagine drawing up this Earth energy through your roots and into your body. Feel it filling you with a sense of grounding, stability, and strength.
7. As you exhale, release any tension or negativity, allowing it to flow down through your roots and back into the Earth to be transmuted.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 4 — Lesson 17
Introduction to the 4 Components of Emotional Intelligence: Self-Awareness
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "I Am" - Explores the interconnectedness of humanity and the power of love and compassion.



ELEMENT OF EARTH

Day 1: Grounding Practices - Establishing Earthly Foundations
Subtopic: Establishing Earthly Foundations
Focus: Mindful Connection with Earth



Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 17
Introduction to the 4 Components of Emotional Intelligence: Self-Awareness
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "I Am" - Explores the interconnectedness of humanity and the power of love and compassion.
-Podcast: The One Day At A Time Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: I am...Centered
Weekly Lens: Always Doing Your Best

Day 2: Nurturing the Self
Subtopic: Embracing Earth's Nurturing Qualities
Focus: Self-Care Practices

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Plan and engage in nurturing self-care Practices.

1. Set aside some time in your day or week dedicated solely to self-care.
2. Reflect on activities that make you feel grounded, nurtured, and connected to the Earth's energy.
3. Choose two or three self-care Practices that resonate with you and align with the Earth element. These could include activities such as:
   - Taking a long, relaxing bath with earthy scented bath salts or essential oils.
   - Spending time in nature, whether it's going for a hike, gardening, or simply sitting under a tree and observing.
   - Cooking a nourishing meal using fresh, organic ingredients and savoring each bite mindfully.
   - Practicing restorative yoga or meditation to center yourself and reconnect with your body.
4. Schedule these self-care Practices into your calendar as non-negotiable appointments with yourself.
5. When the time comes, fully immerse yourself in each activity, allowing yourself to be fully present and engaged.
6. Notice how each Practice makes you feel - physically, emotionally, and spiPracticely. Pay attention to any sensations of grounding, comfort, or nurturance that arise.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 4 — Lesson 17
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "I Am" - Explores the interconnectedness of humanity and the power of love and compassion.
-Podcast: The One Day At A Time Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: I am...Centered
Weekly Lens: Always Doing Your Best

Day 3: Building Resilience - Earth's Stability and Resilience

Subtopic: Strengthening Inner Resilience
Focus: Earth's Stability and Resilience

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Earth Element Resilience-Building Exercise

1. Take some time to reflect on a recent challenge or setback you've experienced in your life.
2. Write down the details of the challenge, including how it made you feel and any obstacles it presented.
3. Now, consider how the qualities of the Earth element - stability, strength, and resilience - can help you overcome this challenge.
4. Write down three ways in which you can draw upon Earth's energy to navigate this difficulty:
   - How can you cultivate a sense of stability and groundedness within yourself?
   - What steps can you take to build your inner strength and resilience in the face of adversity?
   - Are there any resources or support systems you can tap into that embody the nurturing qualities of the Earth element?
5. Once you have identified these strategies, choose one action you can take today to start implementing them.
6. Take that action, no matter how small, and commit to incorporating it into your daily routine.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 4 — Lesson 17
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "I Am" - Explores the interconnectedness of humanity and the power of love and compassion.
-Podcast: The One Day At A Time Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: I am...Centered
Weekly Lens: Always Doing Your Best

Day 4: Earthly Balance - Harmonizing Stability and Growth

Subtopic: Balancing Stability with Personal Growth
Focus: Growth and Stability Reflection

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Earth Element Balance Reflection

- Instructions:

1. Take a few moments to sit quietly and center yourself, focusing on your breath and grounding your energy.
2. Reflect on the concepts of stability and growth as they relate to your life.
3. Write down examples of areas in your life where you feel a strong sense of stability. These could be relationships, career, home environment, or personal routines.
4. Next, identify areas where you feel a desire for growth or change. What aspects of your life are calling out for expansion, exploration, or evolution?
5. Consider how you can find a balance between these two energies - stability and growth. How can you nurture the areas of stability while also fostering growth and development in other areas?
6. Write down three actionable steps you can take to create more balance between stability and growth in your life. These could include setting boundaries, seeking new opportunities, or making changes to your daily habits.
7. Choose one of these steps to focus on in the coming days and make a commitment to yourself to follow through with it.

ELEMENT OF EARTH



Day 4: Earthly Balance - Harmonizing Stability and Growth
Subtopic: Balancing Stability with Personal Growth
Focus: Growth and Stability Reflection

Introduction to the 4 Components of Emotional Intelligence: Self-Awareness
Emotional intelligence, often referred to as EQ (Emotional Quotient), is a crucial skill set that empowers you to recognize, understand, and manage both your own emotions and those of others. These abilities are essential for effective communication, decision-making, and building strong relationships. Let's explore the four components of emotional intelligence: self-awareness, self-management, social awareness, and relationship management.

1. Self-awareness:
Self-awareness forms the foundation of emotional intelligence. It's about understanding your emotions, thoughts, and values. When you have high self-awareness, you know your strengths, weaknesses, and what triggers your emotions. You're in tune with your feelings and can see how they affect your thoughts and actions. Self-awareness helps you gain deeper insights into yourself, leading to personal growth and better interpersonal skills.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 17
Introduction to the 4 Components of Emotional Intelligence: Self-Awareness
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "I Am" - Explores the interconnectedness of humanity and the power of love and compassion.
-Podcast: The One Day At A Time Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: I am...Centered
Weekly Lens: Always Doing Your Best

Day 5: Earthly Care - Environmental Clean-Up Session

Subtopic: Environmental Clean-Up Session
Focus: Caring for the Earth Through Action

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Engage in environmental clean-up activities to care for the Earth.

- Activity: Earth Element Environmental Clean-Up Session
- Instructions:
  1. Choose a local area to clean up, such as a park, beach, or neighborhood street.
  2. Bring gloves and repurposed grocery bags for collecting trash.
  3. Start cleaning up, picking up any litter or debris you find.
  4. Take breaks to appreciate the impact of your actions and the Earth's resilience.
  5. Dispose of collected trash properly and leave the area cleaner than you found it.

Supplemental Materials:
The Trait-Based Model of Recovery: Module 4 — Lesson 17
Introduction to the 4 Components of Emotional Intelligence: Self-Awareness
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "I Am" - Explores the interconnectedness of humanity and the power of love and compassion.
-Podcast: The One Day At A Time Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: I am...Centered
Weekly Lens: Always Doing Your Best

Day 6: Cultivating Patience - Earth's Slow and Steady Approach

Subtopic: Earth's Slow and Steady Approach
Focus: Practicing Patience

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Practice patience in daily activities.

- Instructions:

1. Think of a situation in your life where you often feel impatient or frustrated - this could be a traffic jam, a long line at the grocery store, or waiting for a response to an email.
2. Before you encounter this situation today, take a moment to set an intention to practice patience.
3. When the situation arises, notice any feelings of impatience or frustration that come up. Instead of reacting impulsively, pause and take a deep breath.
4. Remind yourself of the qualities of the Earth element - stability, endurance, and resilience. Consider how you can embody these qualities in the face of adversity.
5. Practice grounding yourself in the present moment by focusing on your breath and the sensations in your body. Allow yourself to let go of any tension or resistance you may be holding onto.
6. Instead of viewing the situation as an inconvenience, reframe it as an opportunity to practice patience and presence.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 4 — Lesson 17
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "I Am" - Explores the interconnectedness of humanity and the power of love and compassion.
-Podcast: The One Day At A Time Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: I am...Centered
Weekly Lens: Always Doing Your Best

Day 7: Recap and Earth Affirmation - Embracing Earth's Qualities

Subtopic: Consolidating Earth's Insights
Focus: Affirmation for Earth's Qualities

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Affirm the embrace of Earth's qualities.

1. Find a quiet and comfortable space where you can sit and reflect without distractions.
2. Close your eyes and take a few deep breaths, allowing your body and mind to relax.
3. Bring to mind the qualities of the Earth element that you've explored throughout this week - stability, patience, nurturing, and resilience.
4. Reflect on how these qualities have shown up in your life recently. Consider moments when you've felt grounded, supported, or able to overcome challenges with strength and stability.
5. As you reflect, repeat the following affirmations silently to yourself or out loud:
   - "I am grounded and stable, rooted in the strength of the Earth."
   - "I embrace the slow and steady pace of growth, trusting in divine timing."
   - "I nurture myself and others with love and compassion, fostering growth and healing."
   - "I am resilient in the face of adversity, drawing strength from the Earth's unwavering support."
6. Allow these affirmations to resonate within you, feeling their truth and power infusing your being.

Supplemental Materials:

The Trait-Based Model of Recovery: Module 4 — Lesson 17
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "I Am" - Explores the interconnectedness of humanity and the power of love and compassion.
-Podcast: The One Day At A Time Recovery Podcast

ELEMENT OF EARTH



Week 28: This Person/Situation Always Throws Me Off

Weekly Topic: This Person/Situation Always Throws Me Off
Weekly Lens: Not Taking Things Personally
The Trait-Based Model of Recovery: Module 6 — Lesson 26

Summary: In Week 28, participants will delve into identifying triggers, building emotional resilience, setting boundaries, maintaining composure, reflecting on perception, navigating challenges, and affirming Earth's resilience, all guided by the element of Earth. They will focus on understanding personal responses to triggers, strengthening emotional stability, establishing healthy boundaries, practicing calming techniques, evaluating perspectives, facing challenges with steadfastness, and affirming the embrace of Earth's resilience.

Key Concepts:
- Identifying Triggers: Understanding personal responses to triggers through self-reflection.
- Building Emotional Resilience: Strengthening emotional stability with Earth's grounding resilience.
- Setting Boundaries: Establishing healthy boundaries for personal well-being.
- Maintaining Composure: Incorporating calming techniques amidst chaos with Earth's calm.
- Reflecting on Perception: Evaluating personal perspectives with Earth's steady perspective.
- Navigating Challenges: Facing challenges with steadfastness guided by Earth's approach.
- Recap and Earth Affirmation: Consolidating insights on resilience and affirming Earth's resilience.

Daily Overview:
Day 1: Identifying Triggers - Understanding Personal Responses
Day 2: Building Emotional Resilience - Earth's Grounding Resilience
Day 3: Setting Boundaries - Establishing Earthly Boundaries
Day 4: Maintaining Composure - Earth's Calm Amidst Chaos
Day 5: Reflecting on Perception - Earth's Steady Perspective
Day 6: Navigating Challenges - Earth's Steadfast Approach
Day 7: Recap and Earth Affirmation - Embracing Resilience

ELEMENT OF EARTH



Weekly Topic: This Person/Situation Always Throws Me Off
Weekly Lens: Not Taking Things Personally

Day 1: Identifying Triggers - Understanding Personal Responses

Subtopic: Understanding Personal Responses

Focus: Self-Reflection on Triggers

The Trait-Based Model of Recovery: Module 6 — Lesson 26

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Reflect on personal triggers and responses.

- Instructions:

1. Find a quiet, comfortable space.
2. Close your eyes and take deep breaths.

-Bring your attention inward and center yourself through your breath.

3. Reflect on recent situations evoking strong emotions.
4. Write down triggers and details of those situations.

-Note specific triggers or stimuli that led to these emotional responses. Be as detailed as possible, noting the circumstances, people involved, and any thoughts or beliefs that arose.

5. Reflect on your typical reactions.

-Do you react impulsively, or do you have coping mechanisms in place?

6. Consider the impact on well-being and relationships.

-Are there patterns you notice in your reactions?

7. Plan healthy responses for the future.

-This could include setting boundaries, practicing self-care, or seeking support from others.

Supplemental Materials:

-Book: “Loving What Is: Four Questions That Can Change Your Life" by Byron Katie

-Movie/Docu: "Eat Pray Love" - Based on the memoir by Elizabeth Gilbert, the movie explores the journey of self-discovery, mindfulness, and love.

-Podcast: Transformations Recovery

ELEMENT OF EARTH



Weekly Topic: This Person/Situation Always Throws Me Off
Weekly Lens: Not Taking Things Personally

Day 2: Building Emotional Resilience

Subtopic: Earth's Grounding Resilience
Focus: Strengthening Emotional Stability

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Engage in activities to enhance emotional resilience.

1. Begin by finding a quiet and comfortable space where you can relax and focus inwardly.
2. Close your eyes and take several deep breaths, allowing yourself to become present in the moment.
3. Reflect on a recent situation that triggered emotional distress or discomfort. It could be a conflict, setback, or unexpected challenge.
4. Notice how your body responds to this reflection. Are there any physical sensations or tension present? Acknowledge these sensations without judgment.
5. Now, imagine yourself as a sturdy tree with roots extending deep into the earth. Visualize drawing strength and stability from the earth beneath you.
6. As you continue to breathe deeply, bring to mind a sense of inner calm and resilience. Allow this feeling of groundedness to permeate your entire being.
7. Repeat a calming mantra or affirmation to yourself, such as "I am resilient and strong," or "I have the power to overcome any obstacle."

Supplemental Materials:

The Trait-Based Model of Recovery: Module 6 — Lesson 26
-Book: “Loving What Is: Four Questions That Can Change Your Life" by Byron Katie
-Movie/Docu: "Eat Pray Love" - Based on the memoir by Elizabeth Gilbert, the movie explores the journey of self-discovery, mindfulness, and love.
-Podcast: Transformations Recovery

ELEMENT OF EARTH



Day 2: Building Emotional Resilience
Subtopic: Earth's Grounding Resilience
Focus: Strengthening Emotional Stability

Exploring the 4 Components of Emotional Intelligence: Self Management

Self-management means being able to regulate and control your emotions, impulses, and behaviors. It involves staying composed and resilient in challenging situations, managing stress effectively, and maintaining a positive mindset. When you're good at self-management, you can adapt to changes, stay calm under pressure, and make rational decisions, even when emotions run high. Self-management empowers you to use your emotions productively, leading to improved performance and well-being.

ELEMENT OF EARTH



Weekly Topic: This Person/Situation Always Throws Me Off
Weekly Lens: Not Taking Things Personally

Day 3: Setting Boundaries

Subtopic: Establishing Earthly Boundaries

Focus: Healthy Boundary Setting

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Boundary Setting Exercise

- Instructions:

1. Reflect on the areas of your life where you feel your boundaries may be unclear or compromised.
2. Take out a piece of paper and divide it into two columns. Label one column "Personal Boundaries" and the other "Professional/Social Boundaries."
3. In each column, list specific boundaries you would like to establish or reinforce. These could include boundaries around your time, energy, personal space, or values.
4. Next to each boundary, write down a brief explanation of why it's important to you and how you envision enforcing it.
5. Consider any potential challenges or pushback you might encounter when setting these boundaries, and brainstorm strategies for addressing them.
6. Once you've identified your boundaries and strategies, practice asserting them in hypothetical scenarios. Visualize yourself calmly and assertively communicating your boundaries to others.
7. Finally, commit to implementing these boundaries in your daily life. Remember that setting boundaries is an ongoing process, and it's okay to adjust them as needed.

Supplemental Materials:

-Book: “Loving What Is: Four Questions That Can Change Your Life" by Byron Katie
-Movie/Docu: "Eat Pray Love" - Based on the memoir by Elizabeth Gilbert, the movie explores the journey of self-discovery, mindfulness, and love.
-Podcast: Transformations Recovery

ELEMENT OF EARTH



Weekly Topic: This Person/Situation Always Throws Me Off
Weekly Lens: Not Taking Things Personally

Day 4: Maintaining Composure - Earth's Calm Amidst Chaos

Subtopic: Earth's Calm Amidst Chaos

Focus: Calming Techniques

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Incorporate calming techniques into daily life.

- Instructions:

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take several slow, deep breaths, allowing your body to relax with each exhale.
3. As you continue to breathe deeply, bring your awareness to any areas of tension or discomfort in your body. Imagine sending gentle waves of relaxation to these areas, allowing them to soften and release.
4. Visualize yourself surrounded by a protective bubble of calming energy. This bubble shields you from external stressors and allows you to maintain a sense of inner peace.
5. Practice mindfulness by focusing on your breath. Notice the sensation of air entering and leaving your nostrils, and allow your breath to anchor you in the present moment.
6. If your mind begins to wander or thoughts arise, simply acknowledge them without judgment and gently guide your attention back to your breath.
7. Continue this practice for several minutes, allowing yourself to sink deeper into a state of relaxation and composure.

Supplemental Materials:

-Book: “Loving What Is: Four Questions That Can Change Your Life" by Byron Katie
-Movie/Docu: "Eat Pray Love" - Based on the memoir by Elizabeth Gilbert, the movie explores the journey of self-discovery, mindfulness, and love.
-Podcast: Transformations Recovery

ELEMENT OF EARTH



Day 4: Maintaining Composure - Earth's Calm Amidst Chaos
Subtopic: Earth's Calm Amidst Chaos
Focus: Calming Techniques



ELEMENT OF EARTH



Weekly Topic: This Person/Situation Always Throws Me Off
Weekly Lens: Not Taking Things Personally

Day 5: Reflecting on Earth's Steady Perspective

Subtopic: Earth's Steady Perspective
Focus: Perspective Evaluation

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Reflect on personal perspectives

1. Find a quiet and comfortable space where you can sit and reflect without interruptions.
2. Take a few deep breaths to center yourself and bring your focus inward.
3. Choose a recent experience or interaction that left a strong impression on you. It could be a conversation, a challenging situation, or a moment of joy.
4. Reflect on how your perception of this experience influenced your thoughts, emotions, and actions. Consider whether your perspective was influenced by preconceived notions, biases, or past experiences.
5. Write down your reflections in a journal or notebook, exploring the various layers of your perception and the factors that shaped it.
6. Challenge yourself to consider alternative perspectives or interpretations of the same experience. How might someone else view the situation differently?
7. Take note of any insights or revelations that arise from this process of reflection. How does gaining awareness of your perception impact your understanding of yourself and others?
8. Carry these insights with you as you move forward, remaining open-minded and curious about the multitude of perspectives that shape our reality.

Supplemental Materials:

-Book: “Loving What Is: Four Questions That Can Change Your Life" by Byron Katie
-Movie/Docu: "Eat Pray Love" - Based on the memoir by Elizabeth Gilbert, the movie explores the journey of self-discovery, mindfulness, and love.
-Podcast: Transformations Recovery

ELEMENT OF EARTH



Weekly Topic: This Person/Situation Always Throws Me Off
Weekly Lens: Not Taking Things Personally

Day 6: Navigating Challenges - Earth's Steadfast Approach

Subtopic: Earth's Steadfast Approach
Focus: Facing Challenges with Steadiness

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Challenge Navigation Exercise

1. Reflect on a current challenge or obstacle you're facing in your life. It could be related to work, relationships, personal growth, or any other aspect.
2. Take a few moments to ground yourself by sitting in a comfortable position and taking several deep breaths. Visualize roots extending from your body into the earth, anchoring you to the ground.
3. Write down the specific challenge or obstacle you're dealing with. Be clear and detailed about what it entails and how it's affecting you.
4. Now, imagine yourself embodying the qualities of the Earth element - stability, resilience, and strength. Visualize yourself standing tall like a mountain, unwavering in the face of the challenge.
5. Consider what practical steps you can take to address this challenge while maintaining your sense of inner steadiness. Break down the challenge into smaller, manageable tasks or actions.
6. Write down these action steps, along with any resources or support systems you can tap into for assistance.
7. Reflect on how approaching the challenge from a place of groundedness and steadfastness can shift your perspective and empower you to navigate it more effectively.
8. Commit to taking at least one concrete action step towards addressing the challenge today. Trust in your ability to overcome obstacles with patience and resilience.

ELEMENT OF EARTH



Weekly Topic: This Person/Situation Always Throws Me Off
Weekly Lens: Not Taking Things Personally

Day 7: Recap and Earth Affirmation - Embracing Resilience

Subtopic: Consolidating Resilience Insights

Focus: Affirmation for Earth's Resilience

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Earth Element Poetry Composition

- Instructions:

1. Choose a quiet and inspiring space where you can focus on creativity.
2. Play soft instrumental music or nature sounds to create a calming atmosphere.
3. Reflect on the Earth's qualities of resilience, stability, and steadfastness.
4. Use pen and paper or a digital device to compose a short poem that captures these Earthly attributes. Let your thoughts flow freely without judgment.
5. Focus on imagery and metaphors that evoke feelings of strength, rootedness, and endurance.
6. Once you've finished writing, read your poem aloud to yourself, allowing the words to resonate.
7. Reflect on how your poem embodies the spirit of Earth element resilience and stability.
8. Share your poem with someone you trust or keep it as a personal reminder of your inner strength and connection to the Earth.

Supplemental Materials:

-Book: “Loving What Is: Four Questions That Can Change Your Life" by Byron Katie
-Movie/Docu: "Eat Pray Love" - Based on the memoir by Elizabeth Gilbert, the movie explores the journey of self-discovery, mindfulness, and love.
-Podcast: Transformations Recovery



ELEMENT OF EARTH

Week 29: How Can I Utilize Nature to Help on My Journey

Weekly Topic: How Can I Utilize Nature to Help on My Journey
Weekly Lens: Being Impeccable with Your Word
The Trait-Based Model of Recovery: Module 7 — Lesson 35

Summary: In Week 29, participants will immerse themselves in connecting with Earth's energy, exploring nature's healing qualities, practicing Practices in natural settings, meditating on the wisdom of trees, experiencing ecotherapy, expressing creativity through nature art, and affirming the beauty of nature. Guided by the element of Earth, they will focus on fostering a mindful connection to nature, observing its remedial power, engaging in personal nature Practices, reflecting on the wisdom of trees, exploring ecotherapy practices, expressing creativity inspired by nature, and affirming appreciation for Earth's beauty.

Key Concepts:
- Connecting with Earth's Energy: Cultivating a mindful connection to nature's grounding energy.
- Nature as a Source of Healing: Observing and experiencing the healing influence of the natural world.
- Practices in Nature: Establishing personal Practices in natural settings for spiPractice and emotional well-being.
- The Wisdom of Trees: Meditating on the wisdom and anchoring presence of trees in nature.
- Ecotherapy: Exploring therapeutic practices that connect individuals with nature for healing.
- Nature Art Expression: Using nature as a creative canvas for artistic expression and inspiration.
- Recap and Nature Affirmation: Consolidating insights from nature experiences and affirming appreciation for Earth's beauty.

Daily Overview:
Day 1: Connecting with Earth's Energy - Grounding Practices
Day 2: Nature as a Source of Healing - Earth's Remedial Power
Day 3: Practices in Nature - Earth's Honored Practices
Day 4: The Wisdom of Trees - Earth's Anchoring Wisdom
Day 5: Ecotherapy - Earth's Therapeutic Connection
Day 6: Nature Art Expression - Earth's Creative Canvas
Day 7: Recap and Nature Affirmation - Embracing Earth's Beauty

ELEMENT OF EARTH



Weekly Topic: How Can I Utilize Nature to Help on My Journey
Weekly Lens: Being Impeccable with Your Word

Day 1: Connecting with Earth's Energy - Grounding Practices

Subtopic: Grounding Practices
Focus: Mindful Connection to Nature
The Trait-Based Model of Recovery: Module 7 — Lesson 35

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Grounding Meditation in Nature

1. Find a peaceful outdoor location such as a park, forest, or garden where you can comfortably sit or stand.
2. Take a few moments to observe your surroundings, noticing the colors, textures, and sounds of nature around you.
3. Stand barefoot on the earth if possible, feeling the connection between your feet and the ground beneath you.
4. Close your eyes and take several deep breaths, inhaling through your nose and exhaling through your mouth. With each breath, imagine drawing in the energy of the earth and releasing any tension or stress.
5. Bring your awareness to the sensations in your body, feeling the support of the earth beneath you and the gentle sway of the natural elements around you.
6. Visualize roots extending from the soles of your feet deep into the earth, anchoring you to the ground and providing stability and strength.
7. As you continue to breathe deeply, imagine a warm, golden light radiating from the earth into your body, filling you with a sense of peace and vitality.

Supplemental Materials:

-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "Peaceful Warrior" - Based on the book "Way of the Peaceful Warrior" by Dan Millman, the movie follows a young athlete's spiritual journey toward enlightenment and mindfulness.
-Podcast:From Sobriety To Recovery | An Addiction Recovery Podcast



ELEMENT OF EARTH

Day 1: Connecting with Earth's Energy - Grounding Practices
Subtopic: Grounding Practices
Focus: Mindful Connection to Nature



ELEMENT OF EARTH



Weekly Topic: How Can I Utilize Nature to Help on My Journey
Weekly Lens: Being Impeccable with Your Word

Day 2: Nature as a Source of Healing - Earth's Remedial Power

Subtopic: Earth's Remedial Power

Focus: Observing Nature's Healing Influence

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Nature Walk or Observation

1. Choose a natural setting that resonates with you, whether it's a forest, beach, mountainside, or even a local park with trees and greenery.
2. Begin your nature walk with a slow and mindful pace, allowing yourself to fully immerse in the sights, sounds, and smells of your surroundings.
3. Take note of the different elements of nature around you - the rustle of leaves in the wind, the chirping of birds, the scent of wildflowers.
4. Engage your senses fully, touching the bark of trees, feeling the texture of leaves, and breathing in the fresh air deeply.
5. As you walk, allow any stress or worries to melt away, replaced by a sense of calm and serenity inspired by the natural beauty around you.
6. If you prefer not to walk, find a comfortable spot to sit and observe nature instead. Take in the scenery and allow yourself to be present in the moment.
7. Spend at least 30 minutes in nature, but feel free to extend your time if you're enjoying the experience.
8. Before leaving, take a moment to express gratitude for the healing power of the earth and the rejuvenating energy it provides.

Supplemental Materials:

-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "Peaceful Warrior"
-Podcast:From Sobriety To Recovery | An Addiction Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: How Can I Utilize Nature to Help on My Journey
Weekly Lens: Being Impeccable with Your Word

Day 3: Practices in Nature - Earth's Honored Practices

Subtopic: Earth's Honored Practices
Focus: Creating Personal Nature Practices

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Establishing a Personal Nature Practice

1. Find a quiet and serene spot in nature where you feel a strong connection to the earth and its elements.
2. Sit or stand comfortably, and take a few deep breaths to center yourself and become present in the moment.
3. Reflect on the qualities of nature that resonate with you most deeply - perhaps it's the sense of peace, renewal, or connection that you feel when surrounded by natural beauty.
4. Based on your reflections, create a simple Practice that allows you to honor and celebrate these qualities in nature. It could involve lighting a candle, offering a prayer or intention, or simply sitting in silent contemplation.
5. Begin your Practice with a moment of gratitude for the earth and its abundance, acknowledging the gifts it provides and the healing energy it offers.
6. Engage in your chosen practice, allowing yourself to fully immerse in the experience and connect with the earth's energy.

Supplemental Materials:

-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "Peaceful Warrior" - Based on the book "Way of the Peaceful Warrior" by Dan Millman, the movie follows a young athlete's spiritual journey toward enlightenment and mindfulness.
-Podcast:From Sobriety To Recovery | An Addiction Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: How Can I Utilize Nature to Help on My Journey
Weekly Lens: Being Impeccable with Your Word

Day 4: The Wisdom of Trees - Earth's Anchoring Wisdom

Subtopic: Earth's Anchoring Wisdom
Focus: Tree Meditation and Reflection

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Meditation by a Tree

1. Find a quiet and peaceful spot in nature where you can sit comfortably near a tree. Choose a tree that you feel drawn to and that resonates with you.
2. Sit or lean against the tree trunk, feeling its solid presence supporting your back and grounding you to the earth.
3. Close your eyes and take several deep breaths, allowing yourself to relax and become present in the moment.
4. Visualize the roots of the tree extending deep into the earth, anchoring it firmly in the ground and connecting it to the earth's energy.
5. As you continue to breathe deeply, imagine yourself drawing in the wisdom and strength of the tree through your own roots, absorbing its grounding energy and stability.
6. Allow yourself to enter a state of deep relaxation and meditation, opening yourself up to any insights or messages that the tree may have for you.
7. Spend as much time as you like in meditation, communing with the tree and allowing its wisdom to wash over you.

Supplemental Materials:

-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "Peaceful Warrior" - Based on the book "Way of the Peaceful Warrior" by Dan Millman, the movie follows a young athlete's spiritual journey toward enlightenment and mindfulness.
-Podcast:From Sobriety To Recovery | An Addiction Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: How Can I Utilize Nature to Help on My Journey
Weekly Lens: Being Impeccable with Your Word

Day 5: Ecotherapy - Earth's Therapeutic Connection

Subtopic: Earth's Therapeutic Connection
Focus: Exploring Ecotherapy Practices

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Engaging in Ecotherapy Activities

1. Research ecotherapy activities that resonate with you, such as gardening, nature walks, outdoor yoga, or nature art.
2. Choose one or more ecotherapy practices to engage in today, depending on your preferences and availability of resources.
3. If you enjoy gardening, spend some time tending to your garden or planting new flowers or vegetables. Allow yourself to connect with the earth as you work with the soil and plants.
4. If you prefer nature walks, find a nearby trail or park to explore. Take your time walking mindfully, noticing the sights, sounds, and smells of the natural environment around you.
5. For those interested in yoga, consider practicing outdoor yoga in a peaceful setting. Allow the earth beneath you to support and ground you as you move through your yoga poses.
6. If you're feeling creative, try nature art as a form of ecotherapy. Gather materials such as leaves, flowers, or rocks, and create artwork inspired by the natural world around you.
7. Regardless of which ecotherapy activities you choose, focus on being present in the moment and allowing yourself to fully immerse in the therapeutic benefits of connecting with nature.

Supplemental Materials:

-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "Peaceful Warrior" - Based on the book "Way of the Peaceful Warrior" by Dan Millman, the movie follows a young athlete's spiritual journey toward enlightenment and mindfulness.
-Podcast:From Sobriety To Recovery | An Addiction Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: How Can I Utilize Nature to Help on My Journey
Weekly Lens: Being Impeccable with Your Word

Day 6: Nature Art Expression - Earth's Creative Canvas

Subtopic: Earth's Creative Canvas
Focus: Creating Art Inspired by Nature

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Nature Art Session

1. Gather art supplies such as paper, pencils, paints, pastels, or any other materials you enjoy working with.
2. Head outdoors to a natural setting that inspires you, whether it's a park, garden, beach, or forest.
3. Take a few moments to observe your surroundings, noticing the colors, shapes, and textures of the natural world around you.
4. Choose a focal point or subject for your artwork, such as a tree, flower, landscape, or animal.
5. Begin sketching, painting, or creating your artwork, allowing yourself to be guided by the beauty and energy of nature.
6. Don't worry about making your artwork perfect - instead, focus on expressing yourself authentically and capturing the essence of the natural world.
7. Experiment with different techniques and mediums, allowing yourself to play and explore as you create.
8. Once you've finished your nature-inspired artwork, take a moment to step back and admire your creation. Reflect on the experience of connecting with nature through art, and consider how it has influenced your mood and mindset.

Supplemental Materials:
-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "Peaceful Warrior"
-Podcast:From Sobriety To Recovery | An Addiction Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: How Can I Utilize Nature to Help on My Journey
Weekly Lens: Being Impeccable with Your Word

Day 7: Recap and Nature Affirmation - Embracing Earth's Beauty

Subtopic: Consolidating Nature Insights
Focus: Affirmation for Earth's Beauty

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Nature Affirmation Exercise

1. Find a quiet and peaceful spot in nature where you can sit comfortably and be fully present in the moment.
2. Take a few deep breaths to center yourself and bring your awareness to your surroundings.
3. Close your eyes and visualize yourself surrounded by the beauty of the natural world - the vibrant colors, the gentle sounds, the fragrant scents.
4. Reflect on the ways in which nature nourishes and supports you, providing solace, inspiration, and a sense of connection.
5. Begin to repeat affirmations aloud or silently to yourself, focusing on gratitude for the beauty and abundance of the earth. Some examples of nature affirmations include:
   - "I am deeply grateful for the beauty of the natural world and the sense of peace it brings me."
   - "I find joy and inspiration in the simple wonders of nature, from the rustling of leaves to the colors of a sunset."
   - "I recognize the interconnectedness of all living beings and honor the earth as a Honored and precious resource."
6. Allow yourself to fully embody these affirmations, feeling their words resonate within you and fill you with a sense of peace and gratitude.
7. Spend as much time as you like in this state of affirmation and appreciation, soaking in the beauty of the natural world and allowing it to uplift and inspire you.

ELEMENT OF EARTH



Week 30: We Are All Leaders In Various Ways

Weekly Topic: We Are All Leaders In Various Ways
Weekly Lens: Not Making Assumptions
The Trait-Based Model of Recovery: Transformation Leadership: Module 6 — Lesson 29

Summary: In Week 30, participants will explore leadership qualities within themselves, leveraging Earth's nurturing energies to lead with compassion, set practical examples, empower others, and foster collaborative leadership. Guided by the element of Earth, they will focus on identifying personal leadership traits, building supportive community connections, cultivating compassion, setting practical leadership examples, empowering others, embracing collaborative leadership, and affirming their leadership potential.

Key Concepts:
- Recognizing Leadership Qualities Within: Identifying and acknowledging personal leadership traits.
- Leadership in Community: Strengthening connections within the community to foster supportive networks.
- Leading with Compassion: Cultivating compassion as a cornerstone of effective leadership.
- Leading by Example: Setting practical leadership examples to inspire others.
- Empowering Others: Implementing strategies to empower and uplift those around them.
- Collaborative Leadership: Building collaborative leadership skills and leveraging collective strength.
- Recap and Leadership Affirmation: Consolidating insights on leadership and affirming leadership qualities within oneself.

Daily Overview:
Day 1: Recognizing Leadership Qualities Within - Earth's Leadership Seeds
Day 2: Leadership in Community - Earth's Supportive Network
Day 3: Leading with Compassion - Earth's Nurturing Approach
Day 4: Leading by Example - Earth's Practical Guidance
Day 5: Empowering Others - Earth's Empowering Energies
Day 6: Collaborative Leadership - Earth's Collective Strength
Day 7: Recap and Leadership Affirmation - Embracing Earth's Leadership

ELEMENT OF EARTH



Weekly Topic: We Are All Leaders In Various Ways
Weekly Lens: Not Making Assumptions

Day 1: Recognizing Leadership Qualities Within
Subtopic: Earth's Leadership Seeds
Focus: Identifying Personal Leadership Traits
The Trait-Based Model of Recovery: Module 6 — Lesson 29

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Self-Reflection on Leadership Qualities

1. Find a quiet and comfortable space where you can engage in introspection without distractions.
2. Take a few deep breaths to center yourself and bring your focus inward.
3. Reflect on times in your life when you have taken on leadership roles, whether in personal relationships, work settings, or community activities.
4. Consider the qualities or traits that allowed you to effectively lead others during those experiences. These may include qualities like empathy, decisiveness, communication skills, or the ability to inspire and motivate others.
5. Write down a list of leadership qualities that you believe you possess based on your reflections. Be honest and specific in your assessment.
6. Once you have identified your leadership traits, take a moment to acknowledge and appreciate them. Recognize that these qualities are strengths that you can continue to develop and refine over time.
7. Reflect on how you can leverage your leadership traits to make a positive impact in various aspects of your life, whether it's in your career, personal relationships, or community involvement.

ELEMENT OF EARTH



Day 1: Recognizing Leadership Qualities Within
Subtopic: Earth's Leadership Seeds
Focus: Identifying Personal Leadership Traits



Supplemental Materials:
-Book: "The Book of Awakening: Having the Life You Want by Being Present to the Life You Have" by Mark Nepo
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Busy Living Sober

ELEMENT OF EARTH



Weekly Topic: We Are All Leaders In Various Ways
Weekly Lens: Not Making Assumptions

Day 2: Leadership in Community
Subtopic: Earth's Supportive Network
Focus: Building Supportive Community Connections

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Strengthen connections within the community.
1. Choose a community you're part of, be it professional, volunteer, or social.
2. Contact at least three members you haven't recently connected with.
3. Start a conversation via email, call, or in-person, expressing interest in getting to know them better and finding ways to collaborate.
4. Listen actively to their needs and offer support or resources where possible.
5. Share your experiences and be open to receiving support.
6. Find common interests and discuss potential projects to benefit the community.
7. Follow up by scheduling further meetings to explore collaboration opportunities.
8. Reflect on your outreach impact and consider ongoing contributions to strengthen the community.

Supplemental Materials:
-Book: "The Book of Awakening: Having the Life You Want by Being Present to the Life You Have" by Mark Nepo
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Busy Living Sober

ELEMENT OF EARTH



Weekly Topic: We Are All Leaders In Various Ways
Weekly Lens: Not Making Assumptions

Day 3: Leading with Compassion
Subtopic: Earth's Nurturing Approach
Focus: Cultivating Compassion in Leadership

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Practice leading with compassion
- Activity: Compassion Meditation
  - Instructions:
    1. Find a quiet, comfy space free from distractions.
    2. Close eyes, breathe deeply to relax body and mind.
    3. Picture someone facing challenges—friend, family, colleague.
    4. Visualize them surrounded by light and love, feel compassion.
    5. Breathe deeply, repeat phrases of loving-kindness:
       - "May you be happy, healthy, safe, at peace."
    6. Connect with feelings of compassion sincerely.
    7. If distracted, gently refocus on meditation, continue.
    8. After a few minutes, release visualization, return to awareness of surroundings, acknowledge cultivated feelings of compassion and connection.

Supplemental Materials:
-Book: "The Book of Awakening: Having the Life You Want by Being Present to the Life You Have" by Mark Nepo
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Busy Living Sober

ELEMENT OF EARTH



Weekly Topic: We Are All Leaders In Various Ways
Weekly Lens: Not Making Assumptions

Day 4: Leading by Example
Subtopic: Earth's Practical Guidance
Focus: Setting Practical Leadership Examples

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Creating Personal Leadership Goals
- Activity: Creating Personal Leadership Goals
- Instructions:
  1. Reflect on your desired leadership style and core values.
  2. Choose three to five specific, measurable goals.
  3. Write them down clearly, with actionable steps and deadlines.
  4. Outline actions and anticipate obstacles for each goal.
  5. Prioritize goals according to their significance.
  6. Fully commit to your goals and hold yourself accountable.
  7. Regularly review progress, celebrate successes, adjust strategies.
  8. Share goals with a supportive mentor or partner for guidance and encouragement.

Supplemental Materials:
-Book: "The Book of Awakening: Having the Life You Want by Being Present to the Life You Have" by Mark Nepo
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Busy Living Sober

ELEMENT OF EARTH



Weekly Topic: We Are All Leaders In Various Ways
Weekly Lens: Not Making Assumptions

Day 5: Empowering Others
Subtopic: Earth's Empowering Energies
Focus: Strategies for Empowering Others

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Exploring the 4 Components of Emotional Intelligence: Relationship Management

Relationship management involves building and maintaining positive relationships with others. It includes effective communication, conflict resolution, and interpersonal skills. When you're skilled in relationship management, you can establish rapport, inspire trust, and resolve conflicts constructively. You can adapt your approach to different personalities and situations, fostering mutual respect and cooperation. Relationship management leads to more fulfilling personal and professional relationships.

Supplemental Materials:
-Book: "The Book of Awakening: Having the Life You Want by Being Present to the Life You Have" by Mark Nepo
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Busy Living Sober

ELEMENT OF EARTH



Day 5: Empowering Others
Subtopic: Earth's Empowering Energies
Focus: Strategies for Empowering Others

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Relationship Building Challenge

1. Identify three individuals you interact with regularly but may not have strong relationships with.
2. Initiate conversations with each individual, focusing on listening actively and expressing genuine interest in their thoughts and experiences.
3. Practice effective communication by being clear, respectful, and empathetic in your interactions.
4. Seek to understand their perspectives and adapt your communication style to foster mutual understanding and trust.
5. When conflicts arise, address them constructively by actively listening, expressing your feelings calmly, and seeking mutually beneficial resolutions.
6. Look for opportunities to collaborate and support each other's goals and interests.
7. Reflect on your interactions and identify areas for improvement in your relationship management skills.
8. Commit to ongoing efforts to strengthen your relationships, celebrating successes and learning from challenges along the way.

ELEMENT OF EARTH



Weekly Topic: We Are All Leaders In Various Ways
Weekly Lens: Not Making Assumptions

Day 6: Collaborative Leadership
Subtopic: Earth's Collective Strength
Focus: Building Collaborative Leadership Skills

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Engage in collaborative leadership activities

What are some ways we can impact the community as leaders? This activity let's us explore how we can step up into leadership positions, and lead to make large impacts for our local communities in need. Leadership can be subtle, yet highly impactful: take today to think about some things you could do that could bring change -- and build your leadership skills. Can you make a call to some friends and coordinate a clothing donation day, or a community clean up day where everyone picks up trash and litter in a specific area? Are there any food banks, or collection services for those in need in your community that you can assist?

Leadership with collaborative activities can be simple, yet highly effective and empowering.

Supplemental Materials:
-Book: "The Book of Awakening: Having the Life You Want by Being Present to the Life You Have" by Mark Nepo
-Movie/Docu: "Rivers and Tides" (2001)
-Podcast: Busy Living Sober

ELEMENT OF EARTH



Weekly Topic: We Are All Leaders In Various Ways
Weekly Lens: Not Making Assumptions

Day 7: Recap and Leadership Affirmation

Subtopic: Consolidating Leadership Insights
Focus: Affirmation for Earth's Leadership

Elemental Information: In the first month of our exploration into the element of earth, we focus on being centered, grounded, and exploring leadership. Drawing from the stability and nurturing qualities of the earth element, participants cultivate inner stability and authenticity. Through grounding practices and introspection, individuals harness the power of resilience on their journey towards healing. This month serves as a foundation for developing leadership skills, empowering participants to lead with integrity and compassion.

Daily Call to Action: Leadership Affirmation Exercise

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take several deep breaths, allowing your body and mind to relax with each exhale.
3. Bring to mind a recent experience or situation where you demonstrated leadership qualities, whether it was at work, in your community, or in your personal life.
4. Reflect on the specific actions or behaviors you exhibited during that experience that exemplified effective leadership, such as decisiveness, empathy, communication skills, or the ability to inspire others.
5. As you recall this experience, repeat affirmations aloud or silently to yourself that acknowledge and celebrate your leadership qualities. Some examples of leadership affirmations include:
   - "I am a confident and capable leader who leads with integrity and compassion."
   - "I inspire and empower others to reach their full potential through my actions and example."
   - "I embrace challenges as opportunities for growth and demonstrate resilience and determination in the face of adversity."
6. Allow yourself to fully embody these affirmations, feeling their words resonate within you and fill you with a sense of pride and confidence in your leadership abilities.

Supplemental Materials:

-Book: "The Book of Awakening: Having the Life You Want by Being Present to the Life You Have" by Mark Nepo
-Movie/Docu: “Rivers and Tides" (2001)
-Podcast: Busy Living Sober

ELEMENT OF EARTH



Week 31: Consistency and Why It Pays Off

Weekly Topic: Consistency and Why It Pays Off
Weekly Lens: Focus
The Trait-Based Model of Recovery: Module 6- Lesson 30

Summary: In Week 31, participants will delve into the concept of consistency guided by Earth's steadfast nature. They will explore the importance of consistency in personal growth, prioritize regular self-care, build resilience, maintain clear and consistent communication, establish and uphold boundaries, cultivate habits of consistent learning, and affirm the value of consistency in their lives.

Key Concepts:
- Understanding Consistency: Recognizing the value of consistency in personal growth.
- Consistent Self-Care: Prioritizing regular self-care practices for well-being.
- Building Resilience: Developing strategies to build resilience on Earth's strong foundation.
- Consistency in Communication: Maintaining clear and consistent communication for effective expression.
- Consistent Boundaries: Setting and maintaining boundaries as a protective barrier.
- Consistency in Learning: Cultivating habits of consistent learning for continuous growth.
- Recap and Affirmation: Consolidating insights on consistency and affirming its value.

Daily Overview:
Day 1: Understanding Consistency - Earth's Steadfast Nature
Day 2: Consistent Self-Care - Earth's Nurturing Practices
Day 3: Building Resilience - Earth's Strong Foundation
Day 4: Consistency in Communication - Earth's Clear Expression
Day 5: Consistent Boundaries - Earth's Protective Barrier
Day 6: Consistency in Learning - Earth's Continuous Growth
Day 7: Recap and Affirmation - Embracing Earth's Consistency

ELEMENT OF EARTH



Weekly Topic: Consistency and Why It Pays Off Weekly
Lens: Focus

Day 1: Understanding Consistency

Subtopic: Earth's Steadfast Nature

Focus: Recognizing the Value of Consistency

The Trait-Based Model of Recovery: Module 6 — Lesson 30

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Consistency Reflection

1. Find a quiet and comfortable space where you can reflect without distractions.
2. Take a few deep breaths to center yourself and bring your focus inward.
3. Reflect on areas of your life where consistency has played a significant role in your growth and achievements. This could include habits, routines, relationships, or personal goals.
4. Consider how consistency has contributed to your progress and success in these areas. What benefits have you experienced from maintaining consistency over time?
5. Think about any challenges or obstacles you've faced in maintaining consistency. What strategies have helped you overcome these challenges, and what lessons have you learned along the way?
6. Explore how consistency aligns with Earth's steadfast nature. Like the Earth, consistency provides stability, reliability, and a strong foundation for growth and development.
7. Write down your reflections in a journal or notebook, noting any insights or observations that arise during the process.

Supplemental Materials:

-Book: "Lovingkindness: The Revolutionary Art of Happiness" by Sharon Salzberg
-Movie/Docu: "In Pursuit of Silence" (2015)
-Podcast:Recovery Elevator

ELEMENT OF EARTH



Weekly Topic: Consistency and Why It Pays Off
Weekly Lens: Focus

Day 2: Consistent Self-Care

Subtopic: Earth's Nurturing Practices
Focus: Prioritizing Regular Self-Care

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Develop and commit to a consistent self-care routine.

Activity: Create a Personal Self-Care Plan

1. Set aside some time to reflect on your self-care needs and priorities.
2. Make a list of self-care activities that you enjoy and find nourishing for your mind, body, and soul. This could include activities like meditation, exercise, spending time in nature, journaling, reading, or engaging in creative hobbies.
3. Consider how often you would like to engage in each self-care activity. Aim for a balance of daily practices, weekly Practices, and occasional treats or indulgences.
4. Create a self-care schedule or plan that outlines when and how you will incorporate these activities into your routine. Be realistic about what you can feasibly commit to and prioritize activities that have the greatest impact on your well-being.
5. Identify any barriers or challenges that may prevent you from practicing consistent self-care, such as lack of time, resources, or motivation. Brainstorm potential solutions or workarounds to overcome these obstacles.
6. Commit to prioritizing your self-care and make it a non-negotiable part of your daily or weekly routine, knowing that investing in your well-being is essential for maintaining balance, resilience, and vitality.

Supplemental Materials:

-Book: "Lovingkindness: The Revolutionary Art of Happiness" by Sharon Salzberg
-Movie/Docu: "In Pursuit of Silence" (2015)
-Podcast:Recovery Elevator

ELEMENT OF EARTH



Day 2: Consistent Self-Care
Subtopic: Earth's Nurturing Practices
Focus: Prioritizing Regular Self-Care



ELEMENT OF EARTH



Weekly Topic: Consistency and Why It Pays Off
Weekly Lens: Focus

Day 3: Building Resilience

Subtopic: Earth's Strong Foundation

Focus: Strategies for Building Resilience

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Resilience Building Exercises

1. Reflect on past experiences where you have demonstrated resilience in the face of adversity or challenges. Consider what strengths, qualities, or strategies helped you navigate those difficult times.
2. Identify three key resilience factors that you believe are essential for overcoming adversity. These could include traits like adaptability, optimism, perseverance, social support, or problem-solving skills.
3. Choose one resilience factor to focus on for today's exercise. For example, if you've selected adaptability, think about how you can cultivate a greater sense of flexibility and openness to change.
4. Brainstorm specific actions or practices that you can take to strengthen this resilience factor in your life. This could involve trying new experiences, stepping outside of your comfort zone, or reframing challenges as opportunities for growth.
5. Commit to incorporating one or more resilience-building activities into your daily routine. Set aside time each day to practice these activities and track your progress over time.
6. Reach out to a trusted friend, mentor, or therapist for support and guidance as you work on developing your resilience skills. Share your goals and intentions with them, and ask for feedback or accountability as needed.
7. Stay mindful of any internal or external obstacles that may arise as you engage in resilience-building exercises. Practice self-compassion and self-care, and remember that setbacks are a natural part of the learning process.



ELEMENT OF EARTH

Day 3: Building Resilience
Subtopic: Earth's Strong Foundation
Focus: Strategies for Building Resilience

Introducing the 12-Steps Rewritten — 1&2

. By rephrasing the traditional 12-Step Model into affirming statements rooted in empowerment and self-compassion, we aim to enhance the experience of our participants and foster a culture of growth and resilience. The 12 steps, rewritten through the lens of positive psychology, offer a refreshing perspective that celebrates personal agency, resilience, and the inherent worth of each individual. Through this approach, we empower participants to embrace their journey with confidence and optimism, knowing that they have the capacity to navigate challenges and cultivate meaningful change in their lives.

Step 1 Original: "We admitted we were powerless over alcohol — that our lives had become unmanageable."

Step 1 Rewritten: "I claim that I am NOW in control of my life and I AM gaining a greater understanding of myself that will lead to positive change."

Explanation:

Step 1 acknowledges the need to confront the challenges of addiction and recognize the impact it has had on one's life. It emphasizes the importance of admitting powerlessness over substances and accepting the need for change.

Step 2 Original: "Came to believe that a Power greater than ourselves could restore us to sanity."

Step 2 Rewritten: "I believe that a supportive community, along with my own inner strength, can restore me to a life of balance and well-being."

Explanation:

Step 2 highlights the role of faith and belief in the recovery process. It encourages individuals to embrace the idea that healing and restoration are possible with the support of a higher power or a supportive community.

Supplemental Materials:

-Book: "Lovingkindness: The Revolutionary Art of Happiness" by Sharon Salzberg
-Movie/Docu: "In Pursuit of Silence" (2015)
-Podcast:Recovery Elevator

ELEMENT OF EARTH



Weekly Topic: Consistency and Why It Pays Off
Weekly Lens: Focus

Day 4: Consistency in Communication

Subtopic: Earth's Clear Expression

Focus: Maintaining Clear and Consistent Communication

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Journaling Exercise Around Clear Expression

Have you ever thought about how best you like to be communicated with? Sit and think about this for a moment, what components of communication do you like? Do you prefer additional context or short and concise?

Now reflect on how you communicate. When asked about something, do you enjoy sharing? Spend some time reflecting on the best ways you can be heard and also actively listen to others.

Supplemental Materials:
-Book: "Lovingkindness: The Revolutionary Art of Happiness" by Sharon Salzberg
-Movie/Docu: "In Pursuit of Silence" (2015)
-Podcast:Recovery Elevator



ELEMENT OF EARTH

Weekly Topic: Consistency and Why It Pays Off
Weekly Lens: Focus

Day 5: Consistent Boundaries

Subtopic: Earth's Protective Barrier
Focus: Setting and Maintaining Consistent Boundaries

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Boundary-Setting Exercise

1. Take some time to reflect on your personal boundaries and the areas of your life where you feel they may be lacking or in need of reinforcement.
2. Identify three key areas where you would like to establish or strengthen boundaries. These could include relationships, work commitments, personal space, or time management.
3. For each area, consider what specific boundaries you would like to set or reinforce. Be clear and specific about what behaviors, actions, or interactions are acceptable or unacceptable to you.
4. Write down your boundaries in a journal or notebook, using assertive language that clearly communicates your needs and expectations to others. For example, "I will not tolerate disrespectful or abusive language in my relationships" or "I will prioritize my personal well-being by setting aside time for self-care each day."
5. Practice expressing your boundaries assertively and respectfully to others, whether in person, over the phone, or through written communication. Use "I" statements to take ownership of your feelings and needs, and be prepared to enforce your boundaries if they are violated.
6. Communicate your boundaries consistently and proactively in your interactions and relationships, reinforcing them as needed and adjusting them as circumstances change.
7. Pay attention to how others respond to your boundaries and be open to negotiating or compromising when necessary. Remember that healthy boundaries are flexible and adaptive, allowing for mutual respect and understanding.

ELEMENT OF EARTH



Weekly Topic: Consistency and Why It Pays Off
Weekly Lens: Focus

Day 6: Consistency in Learning

Subtopic: Earth's Continuous Growth
Focus: Lifelong Learning Habits

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Create a Learning Plan

1. Reflect on your personal and professional interests, goals, and areas of curiosity or passion that you would like to explore further through learning.
2. Identify one or two specific topics or skills that you would like to focus on for your learning plan. Consider how these areas align with your long-term aspirations and what knowledge or competencies you need to develop to achieve them.
3. Research available resources and learning opportunities related to your chosen topics, such as online courses, books, workshops, webinars, or mentorship programs.
4. Set clear and achievable learning goals for yourself, outlining what you hope to accomplish and by when. Break down larger goals into smaller, manageable tasks or milestones to track your progress over time.
5. Create a schedule or timeline for your learning activities, allocating dedicated time each day or week to engage in learning and skill-building exercises. Be realistic about what you can feasibly commit to given your other responsibilities and priorities.
6. Gather any materials or resources you need to support your learning journey, such as textbooks, software tools, or study guides. Organize your study space to minimize distractions and maximize focus and productivity.
7. Actively engage in your chosen learning activities, immersing yourself fully in the content and seeking out opportunities for hands-on practice, experimentation, and feedback.



ELEMENT OF EARTH

Weekly Topic: Consistency and Why It Pays Off
Weekly Lens: Focus

Day 7: Recap and Affirmation

Subtopic: Consolidating Consistency Insights

Focus: Affirmation for Earth's Consistency

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Consistency Affirmation Exercise

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take several deep breaths, allowing your body and mind to relax with each exhale.
3. Bring to mind the concept of consistency and its significance in fostering personal growth, achieving goals, and maintaining balance and stability in life.
4. Reflect on the ways in which consistency has positively impacted your life, whether through the cultivation of healthy habits, the achievement of milestones or accomplishments, or the strengthening of relationships and connections with others.
5. Repeat affirmations aloud or silently to yourself that acknowledge and celebrate the value of consistency in your life. Some examples of consistency affirmations include:
   - "I embrace consistency as a guiding principle in my life, knowing that small actions taken consistently lead to meaningful results."
   - "I trust in the power of consistency to support me in achieving my goals and aspirations, one step at a time."
   - "I honor my commitment to consistency in all areas of my life, recognizing its role in promoting balance, resilience, and personal fulfillment."
6. Allow yourself to fully embody these affirmations, feeling their words resonate within you and fill you with a sense of purpose, determination, and confidence in your ability to stay consistent and aligned with your intentions.

Supplemental Materials:

-Book: "Lovingkindness: The Revolutionary Art of Happiness" by Sharon Salzberg
-Movie/Docu: "In Pursuit of Silence" (2015)
-Podcast:Recovery Elevator

ELEMENT OF EARTH



Week 32: Planning Realistic Goals and Dreams

Weekly Topic: Planning Realistic Goals and Dreams
Weekly Lens: Clarity
The Trait-Based Model of Recovery: Module 3 — Lesson 12

Summary: In Week 32, participants will explore the theme of setting realistic intentions and goals, guided by Earth's steady foundation. They will focus on identifying achievable goals, clarifying dreams, mindful goal planning, balancing ambition, nurturing patience, aligning values with goals, and affirming the importance of a realistic vision.

Key Concepts:
- Setting Grounded Intentions: Identifying realistic goals for personal growth.
- Clarifying Dreams: Defining clear and achievable aspirations.
- Mindful Goal Planning: Creating detailed plans for goal attainment.
- Balancing Ambition: Ensuring ambitions are realistic and achievable.
- Nurturing Patience: Cultivating patience in the pursuit of goals.
- Aligning Values: Confirming that goals align with personal values.
- Recap and Affirmation: Consolidating insights on realistic vision and affirming its importance.

Daily Overview:
Day 1: Setting Grounded Intentions - Earth's Steady Foundation
Day 2: Clarifying Dreams - Earth's Clear Vision
Day 3: Mindful Goal Planning - Earth's Methodical Approach
Day 4: Balancing Ambition - Earth's Harmonious Energy
Day 5: Nurturing Patience - Earth's Slow Growth
Day 6: Aligning Values - Earth's Foundation of Values
Day 7: Recap and Affirmation - Embracing Earth's Realistic Vision



ELEMENT OF EARTH

Weekly Topic: Planning Realistic Goals and Dreams
Weekly Lens: Clarity

Day 1: Setting Grounded Intentions

Subtopic: Earth's Steady Foundation
Focus: Identifying Realistic Goals
The Trait-Based Model of Recovery: Module 3 — Lesson 12

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Goal Setting Exercise

1. Find a quiet and comfortable space where you can focus without distractions.
2. Take a few deep breaths to center yourself and bring your attention to the present moment.
3. Reflect on your long-term aspirations and desires in various areas of your life, such as career, relationships, health, personal development, and hobbies.
4. Write down three to five specific goals or intentions that you would like to achieve within the next six months to a year. Be as clear and specific as possible, using SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound) to ensure your goals are realistic and actionable.
5. Once you've identified your goals, prioritize them based on their importance and urgency. Consider which goals align most closely with your values, passions, and overall vision for your life.
6. Break down each goal into smaller, manageable steps or milestones that you can work towards on a daily, weekly, or monthly basis. This will make your goals more attainable and help you stay motivated and focused along the way.
7. Consider potential obstacles or challenges that you may encounter as you pursue your goals and brainstorm strategies for overcoming them. Be prepared to adjust your plans as needed and stay flexible in your approach.

Supplemental Materials:

-Book: "Real Love: The Art of Mindful Connection" by Sharon Salzberg
-Movie/Docu: “Heal"
-Podcast:Flat Out Recovery



ELEMENT OF EARTH

Weekly Topic: Planning Realistic Goals and Dreams
Weekly Lens: Clarity

Day 2: Clarifying Dreams
Subtopic: Earth's Clear Vision
Focus: Defining Clear and Achievable Dreams

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Exploring the 12-Steps Rewritten — 3&4

Step 3 Original: "Made a decision to turn our will and our lives over to the care of God as we understood Him."

Step 3 Rewritten: "I make a conscious decision to explore and embrace healthier ways of coping, understanding that personal growth and positive change are ongoing processes."

Explanation:

Step 3 emphasizes the importance of surrendering control and trusting in a higher power or a supportive community to guide the recovery journey. It encourages individuals to let go of self-will and embrace new ways of thinking and behaving.

Step 4 Original: "Made a searching and fearless moral inventory of ourselves."

Step 4 Rewritten: "I conduct thorough and honest self-reflection, exploring my past actions and patterns to better understand myself and my journey."

Explanation:

Step 4 emphasizes the need for self-awareness and introspection in the recovery process. It encourages individuals to take an honest inventory of their past actions, behaviors, and attitudes, recognizing areas for growth and change.



ELEMENT OF EARTH

Day 2: Clarifying Dreams
Subtopic: Earth's Clear Vision
Focus: Defining Clear and Achievable Dreams

Daily Call to Action: Articulate and refine personal dreams.

1. Gather materials such as pens, paper, and any other creative supplies you enjoy working with.
2. Find a quiet and inspiring space where you can focus on exploring your dreams and aspirations.
3. Begin by reflecting on your deepest desires and aspirations for your life. What are the dreams that ignite passion and excitement within you? Write down any thoughts or ideas that come to mind without judgment or limitation.
4. Once you've brainstormed a list of dreams, review each one and consider its significance and feasibility. Ask yourself questions such as:
   - Does this dream align with my values and priorities?
   - Is this dream achievable within a reasonable timeframe?
   - What steps can I take to bring this dream closer to reality?
5. Choose one or two dreams that resonate most strongly with you and focus on clarifying them further. Define specific, measurable goals or milestones that will help you move closer to achieving these dreams.
6. Use visual aids such as vision boards, mind maps, or journaling to bring your dreams to life and reinforce your commitment to pursuing them. Get creative and allow yourself to express your dreams in whatever way feels most authentic and inspiring to you.
7. Share your dreams and aspirations with a trusted friend, mentor, or accountability partner who can offer support, encouragement, and feedback. Discuss your plans for turning your dreams into reality and invite their input on potential obstacles or challenges you may face.

Supplemental Materials:
-Book: "Real Love: The Art of Mindful Connection" by Sharon Salzberg
-Movie/Docu: “Heal"
-Podcast:Flat Out Recovery



ELEMENT OF EARTH

Weekly Topic: Planning Realistic Goals and Dreams
Weekly Lens: Clarity

Day 3: Mindful Goal Planning

Subtopic: Earth's Methodical Approach
Focus: Creating Realistic Plans

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Goal Planning Session

1. Set aside dedicated time and space for your goal planning session, ensuring you won't be interrupted or distracted.
2. Review the goals you identified during the previous day's activity, ensuring they are specific, measurable, achievable, relevant, and time-bound (SMART).
3. Break down each goal into actionable steps or tasks that you need to complete in order to achieve them. Consider what resources, skills, or support you may need to accomplish each step.
4. Create a timeline or schedule for your goals, assigning deadlines to each task or milestone to keep yourself accountable and on track. Be realistic about the time and effort required to accomplish each goal, allowing for flexibility and adaptation as needed.
5. Prioritize your tasks based on their importance and urgency, focusing on high-impact activities that will bring you closer to your goals more quickly.
6. Consider potential obstacles or challenges that may arise as you work towards your goals, and develop contingency plans or alternative strategies for overcoming them.
7. Break down each goal into smaller, manageable chunks that you can tackle one at a time. Celebrate your progress and achievements along the way, recognizing each step forward as a victory in itself.

Supplemental Materials:

-Book: "Real Love: The Art of Mindful Connection" by Sharon Salzberg
-Movie/Docu: “Heal"
-Podcast:Flat Out Recovery



ELEMENT OF EARTH

Weekly Topic: Planning Realistic Goals and Dreams
Weekly Lens: Clarity

Day 4: Balancing Ambition

Subtopic: Earth's Harmonious Energy
Focus: Ensuring Realistic Ambitions

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Ambition Reflection

1. Begin by reflecting on your current ambitions and aspirations in various areas of your life, such as career, relationships, health, personal development, and hobbies.
2. Consider the level of ambition associated with each goal or aspiration. Are your ambitions realistic and achievable within a reasonable timeframe? Or are they overly ambitious or unrealistic given your current resources, skills, or circumstances?
3. Reflect on the potential consequences of pursuing overly ambitious goals, such as stress, burnout, or feelings of inadequacy if they are not achieved. Consider whether these consequences outweigh the potential benefits of achieving the goals.
4. Identify any areas where your ambitions may be out of alignment with your values, priorities, or overall well-being. Are there goals that you are pursuing primarily for external validation or approval, rather than genuine fulfillment and satisfaction?
5. Take a moment to reassess your priorities and realign your ambitions with what truly matters to you. Focus on pursuing goals that are meaningful, fulfilling, and aligned with your values and purpose in life.
6. Practice self-compassion and acceptance as you evaluate and adjust your ambitions. Remember that it's okay to scale back or modify your goals if they no longer serve your highest good or bring you joy and satisfaction.

Supplemental Materials:
-Book: "Real Love: The Art of Mindful Connection" by Sharon Salzberg
-Movie/Docu: “Heal"
-Podcast:Flat Out Recovery



ELEMENT OF EARTH

Weekly Topic: Planning Realistic Goals and Dreams
Weekly Lens: Clarity

Day 5: Nurturing Patience

Subtopic: Earth's Slow Growth

Focus: Cultivating Patience in Goal Pursuits

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Patience Building Exercises

1. Begin by reflecting on the role of patience in the pursuit of your goals and aspirations. Consider how impatience or frustration may have hindered your progress in the past, and how cultivating patience could benefit your current endeavors.
2. Identify one or two goals or projects that you are currently working on and where you may be feeling impatient or frustrated with the pace of progress. These could be personal, professional, or creative goals that require time and effort to achieve.
3. Take a few moments to acknowledge and accept any feelings of impatience or frustration that you may be experiencing. Remind yourself that it's natural to feel this way at times, but that impatience often stems from a desire for immediate results or perfection.
4. Practice mindfulness and self-awareness as you engage in your chosen activities, paying attention to any signs of impatience or resistance that arise. Notice any thoughts or emotions that accompany these feelings, and gently redirect your focus back to the present moment.
5. Challenge yourself to slow down and embrace the process of growth and learning inherent in your goals. Shift your perspective from focusing solely on the end result to appreciating the journey and the lessons it has to offer along the way.
6. Experiment with different relaxation and stress-reduction techniques to help cultivate patience and resilience in the face of setbacks or delays. These may include deep breathing exercises, meditation, yoga, or spending time in nature.
7. Practice self-compassion and forgiveness when you inevitably encounter moments of impatience or frustration. Remind yourself that progress takes time and that setbacks are a natural part of the learning process. Be patient and gentle with yourself as you navigate the ups and downs of your journey.



ELEMENT OF EARTH

Day 5: Nurturing Patience
Subtopic: Earth's Slow Growth
Focus: Cultivating Patience in Goal Pursuits





ELEMENT OF EARTH

Weekly Topic: Planning Realistic Goals and Dreams
Weekly Lens: Clarity

Day 6: Aligning Values

Subtopic: Earth's Foundation of Values

Focus: Ensuring Goals Align with Values

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Values Alignment Exercise

1. Take some time to reflect on your core values and beliefs, considering what matters most to you in life and what principles guide your thoughts, actions, and decisions.
2. Write down a list of your top five to ten values, such as integrity, compassion, growth, family, health, creativity, or freedom. These may be values that you've consciously chosen or ones that you've inherited from your upbringing or cultural background.
3. Review the goals you identified earlier in the week and consider whether they align with your core values and priorities. Ask yourself whether pursuing these goals will bring you closer to living a life that is aligned with what truly matters to you.
4. For each goal, reflect on how it connects to your values and how achieving it would contribute to your overall sense of fulfillment, purpose, and well-being. Consider whether any adjustments or refinements are needed to ensure that your goals are in harmony with your values.
5. If you identify any goals that are not aligned with your values, take some time to explore why this misalignment exists. Are these goals based on external expectations or pressures rather than your authentic desires and aspirations?
6. Challenge yourself to realign or reframe these goals in a way that honors your values and fosters greater authenticity and integrity in your pursuits. This may involve setting new goals that better reflect your values or revising existing goals to bring them into alignment.
7. Once you've clarified the alignment between your goals and values, reaffirm your commitment to pursuing them with intention and purpose. Trust in your ability to create a life that is deeply meaningful and fulfilling, guided by your core values and driven by your passions and aspirations.



ELEMENT OF EARTH

Weekly Topic: Planning Realistic Goals and Dreams
Weekly Lens: Clarity

Day 7: Recap and Affirmation - Embracing Earth's Realistic Vision

Subtopic: Consolidating Clarity Insights
Focus: Affirmation for Realistic Vision

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Instructions:
1. Find a quiet, comfortable space.
2. Take deep breaths to center yourself.
3. Reflect on affirmations such as:
 - "I set goals that are realistic and achievable."
 - "I approach challenges with resilience and determination."
 - "I align my goals with my values and priorities."
4. Visualize yourself setting realistic goals and taking deliberate steps towards achieving them.
5. Imagine overcoming obstacles with grace and perseverance.
6. Embrace feelings of empowerment, confidence, and clarity that arise from affirming your commitment to realistic goal-setting.
7. Slowly open your eyes and return your awareness to the present moment.
8. Journal any insights or realizations that emerged during the reflection.
9. Revisit these affirmations throughout the day and week ahead to reinforce your commitment to realistic goal-setting and maintain focus on your objectives.

Supplemental Materials:
-Book: "Real Love: The Art of Mindful Connection" by Sharon Salzberg
-Movie/Docu: “Heal"
-Podcast:Flat Out Recovery

ELEMENT OF EARTH



Week 33: Balancing Work, Life, and Mind

Weekly Topic: Balancing Work, Life, and Mind

Weekly Lens: Commitment

The Trait-Based Model of Recovery: Module 4 — Lesson 19

Summary: In Week 33, participants will focus on cultivating balance in their work-life-mind dynamics, guided by Earth's nurturing embrace. They will explore strategies for time management, mindful work practices, setting boundaries for self-care, checking emotional well-being, integrating mindfulness into daily life, and affirming commitment to a balanced harmony.

Key Concepts:

- Creating Balance: Identifying priorities and fostering harmony in work, life, and mind.
- Time Management Strategies: Developing efficient schedules to manage tasks effectively.
- Mindful Work Practices: Cultivating present-moment awareness in work-related activities.
- Boundaries for Self-Care: Setting and maintaining boundaries to prioritize personal well-being.
- Emotional Well-being Check-in: Assessing and nurturing emotional health for overall well-being.
- Integrating Mindfulness: Infusing mindfulness into daily routines for a balanced life.
- Recap and Commitment Affirmation: Consolidating insights on balance and affirming commitment to a harmonious life.

Daily Overview:

Day 1: Creating a Harmonious Work-Life-Mind Balance - Earth's Nurturing Embrace
- Focus: Identifying Priorities

Day 2: Time Management Strategies - Earth's Steady Rhythm
- Focus: Developing Efficient Schedules

Day 3: Mindful Work Practices - Earth's Methodical Approach
- Focus: Present Moment Awareness

Day 4: Boundaries for Self-Care - Earth's Foundation of Values
- Focus: Setting Boundaries

Day 5: Emotional Well-being Check-in - Earth's Slow Growth
- Focus: Checking Emotional Health

Day 6: Integrating Mindfulness into Daily Life - Earth's Harmonious Energy
- Focus: Mindful Daily Activities

Day 7: Recap and Commitment Affirmation - Embracing Earth's Balanced Harmony
- Focus: Affirmation for Work-Life-Mind Balance.



ELEMENT OF EARTH

Weekly Topic: Balancing Work, Life, and Mind
Weekly Lens: Commitment

Day 1: Creating a Harmonious Work-Life-Mind Balance

Subtopic: Earth's Nurturing Embrace

Focus: Identifying Priorities

The Trait-Based Model of Recovery: Module 4 — Lesson 19

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Priority Mapping Exercise

- Instructions:

1. Find a quiet and comfortable space where you can reflect without distractions.
2. Take out a piece of paper or open a digital document.
3. Divide the page into three columns: Work, Life, and Mind.
4. In each column, write down the key priorities or responsibilities you have related to that aspect of your life.
5. Reflect on these priorities and consider which ones are most essential to your overall well-being and fulfillment.
6. Once you've listed your priorities, rank them in order of importance within each column.
7. Take a moment to review your prioritized list and consider how you can allocate your time and energy more effectively to honor these priorities.
8. Use this exercise as a guide for making decisions and managing your time in a way that aligns with your core values and goals.

Supplemental Materials:

-Book: "A Return to Love: Reflections on the Principles of A Course in Miracles" by Marianne Williamson

-Movie/Docu: "Brene Brown: The Power of Vulnerability" (2013)

-Podcast: Recovery Rocks



ELEMENT OF EARTH

Day 1: Creating a Harmonious Work-Life-Mind Balance
Subtopic: Earth's Nurturing Embrace
Focus: Identifying Priorities





ELEMENT OF EARTH

Weekly Topic: Balancing Work, Life, and Mind
Weekly Lens: Commitment

Day 2: Time Management Strategies

Subtopic: Earth's Steady Rhythm
Focus: Developing Efficient Schedules

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Time Blocking Workshop

- Instructions:

1. Set aside dedicated time for this workshop where you can focus without interruptions.
2. Start by reviewing your calendar or planner to identify your existing commitments and obligations.
3. Divide your day into blocks of time, allocating specific hours or intervals for different activities such as work tasks, personal errands, self-care, and relaxation.
4. Prioritize your tasks based on their importance and deadlines.
5. Assign each task to a designated time block, ensuring that you allocate sufficient time for completion.
6. Consider incorporating buffer periods between tasks to account for unexpected delays or breaks.
7. Once you've created your time-blocked schedule, commit to following it diligently, adjusting as needed to maintain productivity and balance.
8. Regularly review and update your time-blocking system to optimize efficiency and adapt to changing priorities.

Supplemental Materials:

-Book: "A Return to Love: Reflections on the Principles of A Course in Miracles" by Marianne Williamson
-Movie/Docu: "Brene Brown: The Power of Vulnerability" (2013)
-Podcast: Recovery Rocks



ELEMENT OF EARTH

Weekly Topic: Balancing Work, Life, and Mind
Weekly Lens: Commitment

Day 3: Mindful Work Practices

Subtopic: Earth's Methodical Approach
Focus: Present Moment Awareness

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Mindful Work Exercise

1. Choose a work-related task or activity that you'll engage in mindfully.
2. Before you begin, take a few deep breaths to center yourself and bring your attention to the present moment.
3. Approach the task with a sense of curiosity and openness, focusing on each step with full awareness.
4. Notice the sensations, thoughts, and emotions that arise as you work, observing them without judgment.
5. If your mind starts to wander or you become distracted, gently redirect your focus back to the task at hand.
6. Take regular breaks to rest and reset, allowing yourself to recharge before returning to your work with renewed focus.
7. Once you've completed the task, take a moment to reflect on your experience and any insights gained from practicing mindfulness.
8. Incorporate mindful work practices into your daily routine, cultivating a greater sense of presence and purpose in your professional endeavors.

Supplemental Materials:

-Book: "A Return to Love: Reflections on the Principles of A Course in Miracles" by Marianne Williamson
-Movie/Docu: "Brene Brown: The Power of Vulnerability" (2013)
-Podcast: Recovery Rocks



ELEMENT OF EARTH

Weekly Topic: Balancing Work, Life, and Mind
Weekly Lens: Commitment

Day 4: Boundaries for Self-Care

Subtopic: Earth's Foundation of Values
Focus: Setting Boundaries

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Boundary-Setting Exercise

- Instructions:

1. Reflect on the areas of your life where you need to establish boundaries to protect your well-being and preserve your energy.
2. Identify specific boundaries you want to set in different aspects of your life, such as work, relationships, and personal time.
3. Write down these boundaries, clearly articulating what behaviors, actions, or interactions are acceptable and unacceptable to you.
4. Consider how you will communicate these boundaries to others in a clear, assertive, and respectful manner.
5. Practice assertiveness and boundary-setting skills by role-playing different scenarios or conversations where you may need to enforce your boundaries.
6. Remember that setting boundaries is an ongoing process, and it's okay to adjust them as needed based on your evolving needs and circumstances.
7. Commit to honoring and upholding your boundaries, prioritizing your well-being and self-care above all else.

Supplemental Materials:

-Book: "A Return to Love: Reflections on the Principles of A Course in Miracles" by Marianne Williamson
-Movie/Docu: "Brene Brown: The Power of Vulnerability" (2013)
-Podcast: Recovery Rocks



ELEMENT OF EARTH

Day 4: Boundaries for Self-Care
Subtopic: Earth's Foundation of Values
Focus: Setting Boundaries

Exploring the 12-Steps Rewritten — 5&6

Step 5 Original: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."
Step 5 Rewritten: "I share openly with myself and others the insights gained from my self-reflection, recognizing that vulnerability and openness are keys to growth."

Explanation:
Step 5 underscores the importance of honesty and accountability in the recovery process. It encourages individuals to share their struggles and shortcomings with trusted individuals, fostering vulnerability and connection.

Step 6 Original: "Were entirely ready to have God remove all these defects of character."
Step 6 Rewritten: "I am entirely ready to let go of destructive habits and thought patterns, working actively toward a more positive and fulfilling life."

Explanation:
Step 6 emphasizes the willingness to change and grow in the recovery process. It encourages individuals to let go of harmful behaviors and attitudes, embracing a mindset of openness and growth.



ELEMENT OF EARTH

Weekly Topic: Balancing Work, Life, and Mind
Weekly Lens: Commitment

Day 5: Emotional Well-being Check-in

Subtopic: Assess and nurture emotional well-being
Focus: Checking Emotional Health

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Emotional Well-being Reflection

- Instructions:

1. Find a quiet and comfortable space where you can reflect without interruptions.
2. Close your eyes and take a few deep breaths to center yourself.
3. Tune into your emotions and inner experiences, observing any thoughts, feelings, or sensations that arise.
4. Reflect on the past week and consider how you've been feeling emotionally. Are there any patterns or trends in your mood or behavior?
5. Identify any stressors, triggers, or challenges that may be impacting your emotional well-being.
6. Practice self-compassion and non-judgment as you explore your emotions, acknowledging that it's natural to experience ups and downs.
7. Think about the strategies or coping mechanisms that have helped you manage your emotions effectively in the past.
8. Set intentions for how you can nurture your emotional well-being moving forward, committing to activities or practices that promote balance and resilience.
9. Express gratitude for the opportunity to check in with yourself and prioritize your emotional health.

Supplemental Materials:

-Book: "A Return to Love: Reflections on the Principles of A Course in Miracles" by Marianne Williamson
-Movie/Docu: "Brene Brown: The Power of Vulnerability" (2013)
-Podcast: Recovery Rocks



ELEMENT OF EARTH

Weekly Topic: Balancing Work, Life, and Mind
Weekly Lens: Commitment

Day 6: Integrating Mindfulness into Daily Life

Subtopic: Earth's Harmonious Energy
Focus: Mindful Daily Activities

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Mindfulness Integration Practice

- Instructions:

1. Choose a few daily activities or routines that you'll approach mindfully.
2. Examples include brushing your teeth, eating a meal, walking, or doing household chores.
3. Before starting each activity, take a moment to pause and bring your awareness to the present moment.
4. Notice the sensations, movements, and surroundings associated with the activity, engaging your senses fully.
5. If your mind wanders or you become distracted, gently guide your attention back to the activity at hand.
6. Practice non-judgmental awareness, accepting whatever experiences arise without resistance.
7. Cultivate a sense of curiosity and gratitude for the simple pleasures of everyday life.
8. Gradually expand your mindfulness practice to encompass more activities throughout the day, integrating presence and awareness into all aspects of your life.

Supplemental Materials:

-Book: "A Return to Love: Reflections on the Principles of A Course in Miracles" by Marianne Williamson
-Movie/Docu: "Brene Brown: The Power of Vulnerability" (2013)
-Podcast: Recovery Rocks



ELEMENT OF EARTH

Weekly Topic: Balancing Work, Life, and Mind
Weekly Lens: Commitment

Day 7: Recap and Commitment Affirmation - Embracing Earth's Balanced Harmony

Subtopic: Consolidating Commitment Insights
Focus: Affirmation for Work-Life-Mind Balance

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action:

Commitment Affirmation Exercise

- Instructions:

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take a few deep breaths to center yourself.
3. Reflect on the insights gained throughout the week regarding creating a harmonious balance between work, life, and mind.
4. Think about the commitments you want to make to yourself in order to maintain this balance and prioritize your well-being.
5. Formulate affirmations that reflect these commitments. For example:
   - "I commit to setting clear boundaries to protect my time and energy."
   - "I prioritize self-care and make time for activities that nurture my well-being."
   - "I embrace mindfulness as a way to stay present and grounded in all aspects of my life."
6. Repeat each affirmation slowly and deliberately, allowing the words to sink in and resonate deeply within you.
7. Visualize yourself embodying these commitments, feeling empowered and balanced as you navigate your daily life.

Supplemental Materials:

-Book: "A Return to Love: Reflections on the Principles of A Course in Miracles" by Marianne Williamson
-Movie/Docu: "Brene Brown: The Power of Vulnerability" (2013)
-Podcast: Recovery Rocks

ELEMENT OF EARTH



Week 34: Providing Hope/Support for Others

Weekly Topic: Providing Hope/Support for Others, While Still Taking Care of You

Weekly Lens: Love

The Trait-Based Model of Recovery: Module 6 — Lesson 28

Summary: In Week 34, participants will focus on nurturing supportive relationships and fostering a sense of community, guided by Earth's grounding love. They will explore building supportive foundations, compassionate listening, collaborative problem-solving, supporting others without draining themselves, cultivating empathy, encouraging growth in others, and affirming their commitment to supportive love.

Key Concepts:

- Building Supportive Foundations: Establishing a strong support system for personal growth and well-being.
- Compassionate Listening: Developing deep listening techniques to empathetically engage with others.
- Collaborative Problem-Solving: Utilizing group dynamics to address challenges and find solutions.
- Supporting Without Draining: Implementing self-care strategies to maintain personal well-being while supporting others.
- Cultivating Empathy: Strengthening heartfelt connections through empathetic understanding.
- Encouraging Growth: Nurturing the potential and growth of others in a supportive environment.
- Recap and Love Affirmation: Consolidating insights on supportive love and affirming commitment to nurturing relationships.

Daily Overview:

Day 1: Building Supportive Foundations - Earth's Grounding Love
Day 2: Compassionate Listening - Earth's Nurturing Ears
Day 3: Collaborative Problem-Solving - Earth's Team Approach
Day 4: Supporting Others Without Draining Yourself - Earth's Balanced Energy
Day 5: Cultivating Empathy - Earth's Heartfelt Connection
Day 6: Encouraging Growth in Others - Earth's Fertile Soil
Day 7: Recap and Love Affirmation - Embracing Earth's Supportive Love



ELEMENT OF EARTH

Weekly Topic: Providing Hope/Support for Others, While Still Taking Care of You
Weekly Lens: Love

Day 1: Building Supportive Foundations

Subtopic: Earth's Grounding Love

Focus: Establishing a Support System

The Trait-Based Model of Recovery: Module 6 — Lesson 28

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Support Network Building Exercise

- Instructions:

1. Reflect on the people in your life who provide support, encouragement, and understanding.
2. Make a list of these individuals, including family members, friends, mentors, colleagues, or members of your community.
3. Consider the strengths and qualities each person brings to your support network.
4. Reach out to those individuals and express gratitude for their presence in your life.
5. Assess the diversity and depth of your support network, identifying any areas where you may need to cultivate additional connections.
6. Explore ways to strengthen existing relationships and forge new ones, such as attending social events, joining clubs or groups, or participating in online communities.
7. Make a commitment to nurturing and maintaining your support network, prioritizing meaningful connections that uplift and empower you.

Supplemental Materials:

-Book: "The Art of Loving" by Erich Fromm
-Movie/Docu: "Into the Wild"
-Podcast:Elevation Recovery



ELEMENT OF EARTH

Weekly Topic: Providing Hope/Support for Others, While Still Taking Care of You
Weekly Lens: Love

Day 2: Compassionate Listening

Subtopic: Earth's Nurturing Ears

Focus: Deep Listening Techniques

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Compassionate Listening Practice

- Instructions:

1. Choose a partner or friend to engage in a compassionate listening exercise with.
2. Set aside uninterrupted time for this activity in a quiet and comfortable environment.
3. Decide who will be the speaker and who will be the listener for the first round.
4. The speaker will share a personal story, experience, or concern while the listener practices deep listening without interrupting or offering advice.
5. As the listener, focus on maintaining eye contact, nodding in acknowledgment, and providing verbal cues (such as "I understand" or "That sounds challenging") to convey empathy and support.
6. Once the speaker has finished sharing, switch roles and repeat the exercise, allowing each person to experience both speaking and listening.
7. After completing the exercise, take a few moments to reflect on your experience and discuss any insights or observations with your partner.
8. Make a commitment to integrate compassionate listening into your interactions with others, fostering deeper connections and understanding in your relationships.

Supplemental Materials:

-Book: "The Art of Loving" by Erich Fromm
-Movie/Docu: "Into the Wild"
-Podcast:Elevation Recovery



ELEMENT OF EARTH

Weekly Topic: Providing Hope/Support for Others, While Still Taking Care of You
Weekly Lens: Love

Day 3: Collaborative Problem-Solving

Subtopic: Earth's Team Approach

Focus: Group Problem-Solving

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: - Activity: Team Building Exercise

- Instructions:

1. Gather a group of friends, family members, or colleagues to participate in a problem-solving activity together.
2. Choose a real-life challenge or scenario that requires creative thinking and collaboration to resolve.
3. Brainstorm possible solutions as a group, encouraging each participant to contribute their ideas and perspectives.
4. Evaluate the pros and cons of each proposed solution, considering factors such as feasibility, effectiveness, and potential impact.
5. Work together to identify a consensus solution that addresses the root of the problem and aligns with the group's values and goals.
6. Assign specific roles and responsibilities to each team member, ensuring that everyone has a stake in implementing the chosen solution.
7. Take action to implement the solution, monitoring progress and making adjustments as needed along the way.
8. Reflect on the experience as a group, celebrating successes and identifying lessons learned for future problem-solving endeavors.

(This activity is best done in a group setting, but can be done on an individual level.)

Supplemental Materials:

-Book: "The Art of Loving" by Erich Fromm
-Movie/Docu: "Into the Wild"
-Podcast:Elevation Recovery



ELEMENT OF EARTH

Day 3: Collaborative Problem-Solving
Subtopic: Earth's Team Approach

Exploring the 12-Steps Rewritten — 7&8

Step 7 Original: "Humbly asked Him to remove our shortcomings."
Step 7 Rewritten: "I continue to explore my personal growth, seeking support and guidance from those who understand my journey."

Explanation:
Step 7 emphasizes humility and openness to change in the recovery process. It encourages individuals to seek support and guidance from others who can offer insight and perspective on their journey.

Step 8 Original: "Made a list of all persons we had harmed, and became willing to make amends to them all."
Step 8 Rewritten: "I make a list of those I have possibly negatively affected or hurt and I am willing to make amends in a thoughtful and constructive manner."

Explanation:
Step 8 focuses on accountability and reconciliation in the recovery process. It encourages individuals to take responsibility for their actions and be willing to make amends to those they have harmed.



ELEMENT OF EARTH

Weekly Topic: Providing Hope/Support for Others, While Still Taking Care of You
Weekly Lens: Love

Day 4: Supporting Others Without Draining Yourself

Subtopic: Earth's Balanced Energy

Focus: Self-Care Strategies

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Self-Care Planning (Create or revisit your self-care plan)

- Instructions:

1. Reflect on the ways you currently support others in your life, whether it's through caregiving, mentoring, or emotional support.
2. Consider how these caregiving responsibilities impact your own well-being and energy levels.
3. Identify self-care practices that replenish and rejuvenate you, such as exercise, meditation, creative hobbies, or spending time in nature.
4. Create or modify your self-care plan that incorporates these practices into your daily or weekly routine, allocating dedicated time for self-nurturing activities.
5. Set boundaries around your caregiving responsibilities to prevent burnout and ensure that you prioritize your own needs.
6. Communicate your self-care plan to others involved in your caregiving roles, seeking their understanding and support in maintaining balance.
7. Regularly assess your self-care routine and make adjustments as needed to ensure that it remains effective and sustainable.

Supplemental Materials:

-Book: "The Art of Loving" by Erich Fromm
-Movie/Docu: "Into the Wild"
-Podcast:Elevation Recovery



ELEMENT OF EARTH

Day 4: Supporting Others Without Draining Yourself
Subtopic: Earth's Balanced Energy
Focus: Self-Care Strategies





ELEMENT OF EARTH

Weekly Topic: Providing Hope/Support for Others, While Still Taking Care of You
Weekly Lens: Love

Day 5: Cultivating Empathy

Subtopic: Earth's Heartfelt Connection

Focus: Empathy Building Activities

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Strengthen empathetic connections

- Instructions:

1. Choose a scenario or role-playing activity that will allow you to practice empathy in a simulated context.
2. Pair up with a friend, family member, or colleague to engage in the empathy exercise together.
3. Decide who will take on the role of the person experiencing a challenging situation and who will act as the empathetic listener.
4. The person portraying the challenging situation should describe their feelings, thoughts, and experiences related to the scenario, focusing on vulnerability and authenticity.
5. The empathetic listener should practice active listening and compassionate responding, validating the other person's emotions and offering supportive feedback.
6. After completing the exercise, switch roles and repeat the activity to allow both participants to experience being the speaker and the listener.
7. Take a few moments to reflect on your experience and discuss any insights or emotions that arose during the exercise.
8. Make a commitment to incorporate empathy-building activities into your daily life, cultivating deeper connections and understanding with those around you.

Supplemental Materials:

-Book: "The Art of Loving" by Erich Fromm
-Movie/Docu: "Into the Wild"
-Podcast:Elevation Recovery



ELEMENT OF EARTH

Weekly Topic: Providing Hope/Support for Others, While Still Taking Care of You
Weekly Lens: Love

Day 6: Encouraging Growth in Others

Subtopic: Earth's Fertile Soil

Focus: Nurturing Others' Potential

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Growth Encouragement Plan

- Instructions:

1. Identify individuals in your personal or professional life whom you wish to support in their personal growth and development.
2. Reflect on the strengths, talents, and potential areas for growth of each person, considering how you can best contribute to their progress.
3. Reach out to each individual to express your belief in their abilities and your willingness to support their growth journey.
4. Collaborate with them to set meaningful goals and milestones for their personal or professional development, offering guidance and encouragement along the way.
5. Provide constructive feedback and positive reinforcement to help them stay motivated and focused on their objectives.
6. Offer resources, connections, or opportunities that may facilitate their growth and expansion, leveraging your own network and expertise.
7. Regularly check in with them to assess their progress, celebrate their achievements, and address any challenges or obstacles they may encounter.
8. Celebrate the growth and accomplishments of those you support, recognizing the role you played in nurturing their potential and success.

Supplemental Materials:

-Book: "The Art of Loving" by Erich Fromm
-Movie/Docu: "Into the Wild"
-Podcast:Elevation Recovery



ELEMENT OF EARTH

Weekly Topic: Providing Hope/Support for Others, While Still Taking Care of You
Weekly Lens: Love

Day 7: Recap and Love Affirmation

Subtopic: Consolidating Love Insights

Focus: Affirmation for Supportive Love

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Affirm commitment to providing supportive love

- Instructions:

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take a few deep breaths to center yourself.
3. Reflect on the insights gained throughout the week regarding building supportive foundations and nurturing connections with others.
4. Think about the love and support you receive from your support network and the love you offer to others in return.
5. Formulate affirmations that reflect your commitment to providing supportive love, such as:
   - "I am grateful for the love and support I receive from others, and I am committed to offering the same in return."
   - "I cultivate meaningful connections with empathy, compassion, and authenticity."
   - "I recognize the importance of supportive relationships in my life and prioritize nurturing these connections."
6. Repeat each affirmation slowly and deliberately, allowing the words to resonate deeply within you.
7. Visualize yourself embodying these affirmations, radiating love and support in all your interactions and relationships.

Supplemental Materials:

-Book: "The Art of Loving" by Erich Fromm
-Movie/Docu: "Into the Wild"
-Podcast:Elevation Recovery

ELEMENT OF EARTH



Week 35: Grounding into Your Next Dream

Weekly Topic: Grounding into Your Next Dream
Weekly Lens: Trust
The Trait-Based Model of Recovery: Module 6 — Lesson 27

Summary: In Week 35, participants will delve into grounded practices for manifesting their dreams and aspirations, guided by Earth's rooted wisdom. They will explore connecting with dreams, effective communication, vision board creation, building supportive networks, expressive arts, mindfulness in communication, and affirming trust in their journey.

Key Concepts:
- Connecting with Dreams: Reflecting on personal aspirations and dreams for growth.
- Effective Communication: Practicing clear and stable communication techniques for conveying ideas.
- Vision Board Creation: Grounding aspirations in practicality through visualization exercises.
- Building Supportive Networks: Cultivating supportive professional and personal bonds to foster growth.
- Expressive Arts: Exploring creative expression as a means of grounding and manifesting aspirations.
- Mindfulness in Communication: Communicating with mindfulness and presence to foster deeper connections.
- Recap and Trust Affirmation: Consolidating insights on trust and affirming commitment to grounded growth.

Daily Overview:
Day 1: Connecting with Your Dreams - Earth's Rooted Aspirations
Day 2: Effective Communication - Earth's Stable Flow
Day 3: Vision Board Creation - Earth's Grounded Vision
Day 4: Building Supportive Networks - Earth's Nurturing Bonds
Day 5: Expressive Arts Workshop - Earth's Creative Expression
Day 6: Mindfulness in Communication - Earth's Present Expression
Day 7: Recap and Trust Affirmation - Embracing Earth's Trusting Roots

ELEMENT OF EARTH



Weekly Topic: Grounding into Your Next Dream
Weekly Lens: Trust

Day 1: Connecting with Your Dreams
Subtopic: Earth's Rooted Aspirations
Focus: Dream Journaling
The Trait-Based Model of Recovery: Module 6 — Lesson 27

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Reflect on personal dreams and aspirations.

- Activity: Begin a Dream Journal
- Instructions:
1. Set aside some quiet time in a comfortable space where you won't be disturbed.
2. Reflect on your dreams and aspirations, both big and small, in various aspects of your life such as career, relationships, personal growth, and hobbies.
3. Open a journal or notebook dedicated to recording your dreams and aspirations.
4. Write down your dreams in detail, including what you hope to achieve, experience, or create.
5. Consider why these dreams are important to you and how they align with your values and desires.
6. Make a commitment to regularly revisit your dream journal to add new dreams, track your progress, and stay inspired.

Supplemental Materials:
-Book: "The Alchemist" by Paulo Coelho
-Movie/Docu: “Breath: The New Science of a Lost Art" (2020)
-Podcast: SMART Recovery Podcast



ELEMENT OF EARTH

Day 1: Connecting with Your Dreams
Subtopic: Earth's Rooted Aspirations
Focus: Dream Journaling





ELEMENT OF EARTH

Weekly Topic: Grounding into Your Next Dream
Weekly Lens: Trust

Day 2: Effective Communication

Subtopic: Earth's Stable Flow

Focus: Clear Communication Techniques

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Clear Communication and Stability Mindfulness Walk

Instructions:
1. Find a peaceful outdoor location such as a park, beach, or forest trail.
2. Begin your walk with a slow and mindful pace, focusing on your breath and the sensations of each step.
3. As you walk, observe the natural elements around you—the trees, the sky, the sounds of birds or water. Allow yourself to feel grounded and connected to the earth.
4. Reflect on the concept of clear communication and stability in your life. Consider how these elements manifest in your relationships, work, and personal well-being.
5. Pay attention to any thoughts or emotions that arise as you reflect on clear communication and stability. Notice if there are any areas where you feel a sense of balance and clarity, as well as any areas where you may feel uncertainty or imbalance.
6. Take a moment to pause and breathe deeply, allowing yourself to fully embrace the present moment.

Supplemental Materials:
-Book: "The Alchemist" by Paulo Coelho
-Movie/Docu: “Breath: The New Science of a Lost Art" (2020)
-Podcast: SMART Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: Grounding into Your Next Dream
Weekly Lens: Trust

Day 3: Earth's Grounded Vision

Subtopic: Ground aspirations in practicality
Focus: Visualization Exercise

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Create or add to your vision board, with grounding earth elements

- Instructions:

1. Gather materials such as magazines, newspapers, scissors, glue, poster board, and markers for creating your vision board.
2. Set an intention for your vision board, focusing on a specific area of your life or a broader theme such as career, relationships, health, or personal growth.
3. Flip through magazines and newspapers to find images, words, and phrases that resonate with your vision and goals.
4. Cut out the images and words that inspire you and arrange them on the poster board in a way that feels meaningful and visually appealing.
5. Use markers or additional art supplies to embellish your vision board with drawings, doodles, or affirmations that reinforce your aspirations.
6. Take a step back to review your vision board and reflect on the themes, patterns, and emotions it evokes.
7. Display your vision board in a prominent place where you'll see it regularly, such as your bedroom, office, or creative space.
8. Commit to revisiting your vision board often, visualizing your goals and taking inspired action to bring them to life.

(Create a virtual vision board with the Landing app.)

Supplemental Materials:

-Book: "The Alchemist" by Paulo Coelho
-Movie/Docu: “Breath: The New Science of a Lost Art" (2020)
-Podcast: SMART Recovery Podcast



ELEMENT OF EARTH

Weekly Topic: Grounding into Your Next Dream
Weekly Lens: Trust

Day 4: Building Supportive Networks

Subtopic: Earth's Nurturing Bonds
Focus: Networking Strategies

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Cultivate supportive professional and personal bonds.

- Activity: Networking Activity

1. Identify potential networking opportunities in your personal or professional life, such as industry events, social gatherings, or online communities.
2. Choose one or more networking activities to participate in based on your interests, goals, and availability.
3. Prepare a brief introduction or elevator pitch that highlights your background, skills, and interests to share with new contacts.
4. Attend the networking event with an open mind and a willingness to connect with others, focusing on building genuine relationships rather than simply exchanging business cards.
5. Engage in meaningful conversations with fellow participants, asking open-ended questions, actively listening, and offering support or assistance where appropriate.
6. Exchange contact information with individuals you connect with and follow up after the event to express your appreciation and continue the conversation.
7. Reflect on your networking experience and identify any new insights, connections, or opportunities that may have emerged.

Supplemental Materials:

-Book: "The Alchemist" by Paulo Coelho
-Movie/Docu: “Breath: The New Science of a Lost Art" (2020)
-Podcast: SMART Recovery Podcast



ELEMENT OF EARTH

Weekly Topic: Grounding into Your Next Dream
Weekly Lens: Trust

Day 5: Expressive Arts Workshop

Subtopic: Earth's Creative Expression

Focus: Artistic Expression

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Express creativity through grounded art.

- Activity: Participate in an Art Workshop
- Instructions:

1. Find an art workshop or class in your community or online that aligns with your interests and availability.
2. Register for the workshop and gather any materials or supplies recommended by the instructor.
3. Attend the workshop with an open mind and a willingness to explore your creativity.
4. Follow along with the instructor's guidance as they demonstrate various techniques and processes for creating art.
5. Allow yourself to experiment and play with different mediums, colors, and styles without judgment or self-criticism.
6. Focus on the process of creating rather than the end result, allowing your intuition and imagination to guide your artistic expression.
7. Engage with the other participants in the workshop, sharing insights, feedback, and encouragement as you work on your art projects together.
8. Reflect on your experience during and after the workshop, considering how it has influenced your relationship with creativity and self-expression.

Supplemental Materials:

-Book: "The Alchemist" by Paulo Coelho
-Movie/Docu: “Breath: The New Science of a Lost Art" (2020)
-Podcast: SMART Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: Grounding into Your Next Dream
Weekly Lens: Trust

Day 6: Mindfulness in Communication

Subtopic: Earth's Present Expression

Focus: Mindful Communication Practices

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Communicate with mindfulness and presence.

- Activity: Mindfulness Exercise
- Instructions:

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take a few deep breaths to center yourself in the present moment.
3. Bring your awareness to your breath, noticing the sensation of air entering and leaving your body with each inhale and exhale.
4. Shift your attention to your thoughts and emotions, observing them without judgment or attachment as they arise and pass away.
5. Notice any sensations in your body, such as tension or relaxation, and allow them to be present without trying to change or control them.
6. When you're ready, gently open your eyes and bring your mindful awareness into your interactions and conversations throughout the day.
7. Practice active listening, staying fully present and engaged with the person you're communicating with, and responding with clarity and compassion.
8. Take moments throughout the day to pause and check in with yourself, re-centering in the present moment and reconnecting with your breath.

Supplemental Materials:

-Book: "The Alchemist" by Paulo Coelho
-Movie/Docu: “Breath: The New Science of a Lost Art" (2020)
-Podcast: SMART Recovery Podcast

ELEMENT OF EARTH



Weekly Topic: Grounding into Your Next Dream
Weekly Lens: Trust

Day 7: Recap and Trust Affirmation - Embracing Earth's Trusting Roots

Subtopic: Consolidating Trust Insights
Focus: Affirmation for Trusting Roots

Elemental Information: As we have settled into the earth element, we prioritize centering and grounding ourselves into our dreams, while also delving into the realms of leadership. Inspired by the steadfastness and nurturing essence of the earth, we nurture inner stability and authenticity. Through grounding practices and deep introspection, we tap into resilience to advance along our healing path. This period lays the groundwork for honing leadership abilities, instilling in participants the capacity to lead with integrity and compassion.

Daily Call to Action: Trust Affirmation Exercise

- Instructions:

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take a few deep breaths to center yourself in the present moment.
3. Reflect on the insights gained throughout the week regarding building supportive networks and cultivating grounded aspirations.
4. Consider the role of trust in your relationships, both with yourself and others, and how it contributes to a sense of security, connection, and belonging.
5. Formulate affirmations that reflect your commitment to trusting yourself, trusting others, and trusting in the journey of life, such as:
   - "I trust in my ability to navigate challenges and pursue my dreams with courage and resilience."
   - "I trust in the inherent goodness and wisdom of others, fostering authentic connections based on mutual respect and understanding."
   - "I trust in the unfolding of life's journey, embracing each experience as an opportunity for growth and learning."
6. Repeat each affirmation slowly and deliberately, allowing the words to resonate deeply within you.
7. Visualize yourself embodying these affirmations, radiating trust and confidence in every aspect of your life.

ELEMENT OF EARTH



Week 36: Communicating with Family

Weekly Topic: Communicating with Family
Weekly Lens: Confidentiality
The Trait-Based Model of Recovery: Module 8 — Lesson 40

Summary: In Week 36, participants will explore nurturing family bonds and dynamics, guided by Earth's stable and nurturing energy. They will delve into understanding family dynamics, effective communication strategies, identifying support systems, setting boundaries, engaging in family art therapy, practicing mindful family conversations, and affirming the importance of confidentiality in family relationships.

Key Concepts:
- Family Dynamics Exploration: Reflecting on the intricacies of family relationships and influences.
- Effective Communication Strategies: Enhancing communication skills within the family unit for healthier interactions.
- Identifying Support Systems: Recognizing and appreciating the importance of supportive relationships within the family.
- Setting Boundaries: Establishing healthy boundaries to maintain balance and respect in family dynamics.
- Family Art Therapy: Using artistic expression as a tool for fostering creativity and harmony within the family.
- Mindful Family Conversations: Practicing mindful communication to deepen connections and understanding within the family.
- Recap and Confidentiality Affirmation: Consolidating insights on confidentiality and affirming commitment to family bonds.

Daily Overview:
Day 1: Family Dynamics Exploration - Earth's Stable Foundations =
Day 2: Effective Communication Strategies - Earth's Nurturing Dialogue
Day 3: Identifying Support Systems - Earth's Nurturing Bonds
Day 4: Setting Boundaries - Earth's Protective Shield
Day 5: Family Art Therapy - Earth's Creative Harmony
Day 6: Mindful Family Conversations - Earth's Present Connection
Day 7: Recap and Confidentiality Affirmation - Honoring Earth's Confidential Roots

ELEMENT OF EARTH



Weekly Topic: Communicating with Family
Weekly Lens: Confidentiality

Day 1: Family Dynamics Exploration
Subtopic: Earth's Stable Foundations
Focus: Understanding Family Dynamics
The Trait-Based Model of Recovery: Strength for the Journey: Module 8 — Lesson 40

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Reflect on family influences and dynamics.

- Activity: Family Genogram Exercise
- Instructions:

1. Create a genogram, a visual representation of family relationships and dynamics, including family members' names, birthdates, and significant events.
2. Reflect on family patterns, roles, and interactions by examining the genogram, noting any recurring themes or trends.
3. Consider how family dynamics have influenced your beliefs, values, and behaviors, both positively and negatively.
4. Identify strengths and challenges within your family system, acknowledging areas for growth and improvement.
5. Use the genogram as a tool for deeper self-awareness and understanding of your family's impact on your life.
6. Discuss your observations and insights with trusted family members or a therapist, fostering open dialogue and mutual understanding.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Koyaanisqatsi" (1982)
-Podcast:Untoxicated Podcast



ELEMENT OF EARTH

Day 1: Family Dynamics Exploration
Subtopic: Earth's Stable Foundations
Focus: Understanding Family Dynamics



ELEMENT OF EARTH



Weekly Topic: Communicating with Family
Weekly Lens: Confidentiality

Day 2: Effective Communication Strategies
Subtopic: Earth's Nurturing Dialogue
Focus: Family Communication Workshop

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Family Communication Workshop

- Instructions:

1. Organize a family communication workshop or meeting to discuss and practice effective communication strategies.
2. Start by setting ground rules for respectful communication, emphasizing active listening, empathy, and validation.
3. Explore different communication styles and their impact on family dynamics, considering assertive, passive, and aggressive communication patterns.
4. Role-play common family scenarios, such as resolving conflicts, expressing needs and boundaries, and offering support and encouragement.
5. Practice active listening techniques, such as paraphrasing, reflecting feelings, and asking clarifying questions, to enhance understanding and connection.
6. Provide constructive feedback and encouragement to each other, focusing on strengths and areas for improvement in communication.
7. Reflect on the workshop experience and identify key takeaways or insights about effective communication within the family.

**Remember, family can also be chosen family. If you are wanting to work on this as an individual, structure this as a letter to your family and share openly.

Supplemental Materials:

-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Koyaanisqatsi" (1982)
-Podcast:Untoxicated Podcast

ELEMENT OF EARTH



Weekly Topic: Communicating with Family
Weekly Lens: Confidentiality

Day 3: Identifying Support Systems

Subtopic: Earth's Nurturing Bonds

Focus: Recognizing Supportive Relationships

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Support System Mapping

- Instructions:

1. Reflect on the various sources of support in your life, including family members, friends, mentors, colleagues, and community resources.
2. Create a support system map or list, identifying each person or resource and their role in providing support, encouragement, or guidance.
3. Consider the strengths and limitations of each support system, noting how they contribute to your well-being and personal growth.
4. Express gratitude for the individuals and resources that have supported you on your journey, acknowledging their importance in your life.
5. Evaluate any gaps or areas where additional support may be needed, brainstorming ways to strengthen existing connections or seek out new sources of support.
6. Share your support system map with trusted family members or friends, fostering open communication and collaboration in nurturing supportive relationships.

Supplemental Materials:

-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Koyaanisqatsi" (1982)
-Podcast:Untoxicated Podcast



ELEMENT OF EARTH

Day 3: Identifying Support Systems
Subtopic: Earth's Nurturing Bonds
Focus: Recognizing Supportive Relationships

Exploring the 12-Steps Rewritten — 9&10

Step 9 Original: "Made direct amends to such people wherever possible, except when to do so would injure them or others."
Step 9 Rewritten: "I make direct amends to such people wherever possible, recognizing the importance of taking responsibility for my actions and promoting healing."

Explanation:
Step 9 emphasizes the importance of taking concrete actions to repair harm and restore relationships in the recovery process. It encourages individuals to approach amends with sincerity and compassion.

Step 10 Original: "Continued to take personal inventory and when we were wrong promptly admitted it."
Step 10 Rewritten: "I continue my self-reflection and promptly admit when I am wrong, while also acknowledging and celebrating my successes."

Explanation:
Step 10 underscores the ongoing nature of self-awareness and accountability in the recovery process. It encourages individuals to remain vigilant in monitoring their thoughts and behaviors, admitting mistakes, and celebrating achievements.

ELEMENT OF EARTH



Weekly Topic: Communicating with Family
Weekly Lens: Confidentiality

Day 4: Setting Boundaries

Subtopic: Earth's Protective Shield

Focus: Setting Clear and Protective Boundaries with Family

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Writing Prompt: Exploring Boundaries in Relationships

Instructions:

Reflect on the concept of boundaries and their significance in maintaining healthy relationships within your family or other social circles.

Consider the following prompts as you write:

1. What does the term "boundary" mean to you? How would you define different types of boundaries, such as physical, emotional, and interpersonal boundaries?
2. Have you experienced any instances where boundaries were crossed or violated in your relationships? How did these experiences impact you and your interactions with others?
3. Reflect on your own boundary-setting practices. How do you typically communicate your boundaries to others? Are there specific strategies or techniques you use to assert your boundaries assertively and respectfully?
4. Imagine a scenario where you need to set a boundary with someone close to you. How would you approach this situation? What steps would you take to ensure clear communication and mutual understanding?
5. How do you perceive the role of empathy and self-awareness in navigating boundaries within relationships?
6. Reflect on any insights or realizations you've gained about boundary-setting from your own experiences or observations in your family or social environment.
7. Consider how you can apply the principles of healthy boundary-setting to enhance your relationships and promote mutual respect and understanding.



ELEMENT OF EARTH

Day 4: Setting Boundaries
Subtopic: Earth's Protective Shield

Exploring the 12-Steps Rewritten — 11&12

Step 11 Original: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."
Step 11 Rewritten: "I seek through intentional, mindfulness, or personal practices to improve my understanding of myself and to find peace within."

Explanation:
Step 11 emphasizes the importance of spiritual growth and self-awareness in the recovery process. It encourages individuals to explore practices such as meditation and mindfulness to deepen their understanding of themselves and their purpose.

Step 12 Original: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."
Step 12 Rewritten: "Having experienced positive change, I actively seek to share my insights and support with others on their journey, fostering a community of growth and well-being."

Explanation:
Step 12 highlights the transformative power of recovery and the importance of giving back to others. It encourages individuals to share their experiences and support with others, fostering a sense of community and collective growth.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Koyaanisqatsi" (1982)
-Podcast:Untoxicated Podcast

ELEMENT OF EARTH



Weekly Topic: Communicating with Family
Weekly Lens: Confidentiality

Day 5: Family Art Therapy
Subtopic: Earth's Creative Harmony
Focus: Artistic Expression as a Family

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Engage in creative expression as a family.
- Activity: Family Art Activity
- Instructions:

1. Gather your family members and set up a designated space for art-making, such as a table with art supplies or an outdoor area for painting.
2. Choose a theme or prompt for the art activity, such as "family harmony," "expressing emotions," or "our shared values."
3. Encourage each family member to create their own artwork inspired by the chosen theme, expressing their thoughts, feelings, and experiences through visual expression.
4. Allow plenty of time for art-making, with opportunities for reflection and conversation as family members work on their creations.
5. Once everyone has finished their artwork, gather together to share and discuss each piece, noticing common themes, differences, and insights.
6. Reflect on the experience as a family, considering how art-making can promote communication, connection, and emotional expression within the family unit.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Koyaanisqatsi" (1982)
-Podcast:Untoxicated Podcast

ELEMENT OF EARTH



Weekly Topic: Communicating with Family
Weekly Lens: Confidentiality

Day 6: Mindful Family Conversations

Subtopic: Earth's Present Connection

Focus: Mindfulness in Family Communication

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Practice mindful communication within the family.

- Activity: Mindful Family Dialogue
- Instructions:

1. Set aside dedicated time for a family conversation or meeting focused on practicing mindful communication.
2. Begin by guiding your family members in a brief mindfulness exercise, such as deep breathing or body scanning, to center and ground everyone in the present moment.
3. Encourage each family member to share their thoughts, feelings, and experiences openly and honestly, without judgment or interruption.
4. Practice active listening and empathetic responding, reflecting back what you hear and expressing understanding and support.
5. Use "I" statements to communicate your own thoughts and feelings, taking responsibility for your words and actions.
6. Stay present and attentive throughout the conversation, noticing any urges to react or withdraw and choosing to respond mindfully instead.
7. Foster a collaborative and inclusive atmosphere where everyone feels valued, heard, and respected.
8. Reflect on the mindful communication experience as a family, discussing any insights, challenges, or improvements observed.



ELEMENT OF EARTH

Weekly Topic: Communicating with Family
Weekly Lens: Confidentiality

Day 7: Recap and Confidentiality Affirmation - Honoring Earth's Confidential Roots

Subtopic: Consolidating Confidential Insights
Focus: Affirmation for Confidential Roots

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Confidentiality Affirmation Exercise

- Instructions:

1. Gather your family members together in a quiet and comfortable space where you can have an open and honest conversation.
2. Begin by reflecting on the importance of confidentiality and trust within the family unit, emphasizing the value of privacy and respect for personal boundaries.
3. Invite each family member to share their thoughts and feelings about confidentiality, including any concerns or expectations they may have.
4. Discuss specific ways to maintain confidentiality within the family, such as refraining from sharing private information without consent and respecting individual boundaries around sensitive topics.
5. Formulate affirmations that reflect your family's commitment to confidentiality and trust, such as:
   - "We honor each other's privacy and confidentiality, respecting individual boundaries and boundaries within the family."
   - "We communicate openly and honestly while also respecting each other's need for confidentiality and discretion."
6. Repeat each affirmation together as a family, allowing the words to sink in and resonate deeply within each member.
7. Take a moment to express gratitude for the trust and respect shared within the family, acknowledging the strength and resilience that comes from honoring confidentiality.

ELEMENT OF EARTH



Week 37: Dreams Held Dear

Weekly Topic: What Dreams Do I Hold Dear to my Heart and Myself?
Weekly Lens: Prudence
The Trait-Based Model of Recovery: Module 7 — Lesson 33

Summary: In Week 37, participants will embark on a journey of nurturing and manifesting personal dreams, guided by Earth's prudent and steadfast energy. They will explore techniques for identifying dreams, prioritizing goals, creating a dream map, overcoming obstacles, committing to aspirations, practicing visualization for manifestation, and reflecting on the wisdom of prudence in pursuing dreams.

Key Concepts:
- Identifying Personal Dreams: Reflecting on individual aspirations and desires.
- Prioritizing Dreams: Setting clear goals and priorities for dream realization.
- Creating a Dream Map: Visualizing the path towards achieving dreams.
- Overcoming Obstacles: Building resilience to overcome challenges along the way.
- Commitment to Dreams: Making a dedicated pledge to pursue and achieve personal aspirations.
- Visualization and Manifestation: Using visualization techniques to manifest dreams into reality.
- Recap and Prudence Reflection: Reflecting on the wisdom of prudence in nurturing and pursuing dreams.

Daily Overview:
Day 1: Identifying Personal Dreams - Earth's Prudent Vision
Day 2: Prioritizing Dreams - Earth's Ordered Goals
Day 3: Creating a Dream Map - Earth's Navigational Guide
Day 4: Overcoming Obstacles - Earth's Resilient Path
Day 5: Commitment to Dreams - Earth's Steadfast Pledge
Day 6: Visualization and Earth's Stable Ground - Manifesting Dreams
Day 7: Recap and Prudence Reflection - Earth's Prudent Wisdom



ELEMENT OF EARTH

Weekly Topic: What Dreams Do I Hold Dear to my Heart and Myself?
Weekly Lens: Prudence

Day 1: Identifying Personal Dreams
Subtopic: Earth's Prudent Vision
Focus: Reflecting on Aspirations
The Trait-Based Model of Recovery: Module 7 — Lesson 33

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Identify and document personal dreams and priorities
Activity: Dream Journaling
- Instructions:
1. Find a quiet and comfortable space where you can reflect without distractions.
2. Take out a journal or notebook dedicated to recording your dreams and aspirations.
3. Set aside some time to think deeply about your desires, passions, and long-term goals.
4. Write down any dreams or aspirations that come to mind, whether they are related to career, relationships, personal development, or other areas of your life.
5. Be honest and specific in your journal entries, expressing your deepest desires and aspirations without judgment. What are some active priorities you have, and how can you add those to your current dreams?
6. Take note of any recurring themes or patterns in your dreams, as they may offer valuable insights into your true aspirations.
7. Reflect on your journal entries periodically to gain clarity and refine your understanding of your personal dreams.

Supplemental Materials:
-Book: "Radical Acceptance: Embracing Your Life With the Heart of a Buddha" by Tara Brach
-Movie/Docu: “Into Great Silence" (2005)
-Podcast: Landmark Recovery Radio



ELEMENT OF EARTH

Day 1: Identifying Personal Dreams
Subtopic: Earth's Prudent Vision
Focus: Reflecting on Aspirations





ELEMENT OF EARTH

Weekly Topic: What Dreams Do I Hold Dear to my Heart and Myself?
Weekly Lens: Prudence

Day 2: Prioritizing Dreams

Subtopic: Earth's Ordered Goals
Focus: Prioritization Exercise

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Activity: Prioritization Exercise
- Instructions:
1. Review your dream journal entries from Day 1 and identify the most important and meaningful dreams.
2. List these dreams in order of priority, considering factors such as personal significance, feasibility, and alignment with your values.
3. Reflect on each prioritized dream and consider why it is important to you.
4. Evaluate whether each dream is realistic and achievable within your current circumstances.
5. Once you have prioritized your dreams, create a visual or written representation of your top priorities to serve as a reminder of what you are working towards.

Supplemental Materials:
-Book: "Radical Acceptance: Embracing Your Life With the Heart of a Buddha" by Tara Brach
-Movie/Docu: “Into Great Silence" (2005)
-Podcast: Landmark Recovery Radio



ELEMENT OF EARTH

Weekly Topic: What Dreams Do I Hold Dear to my Heart and Myself?
Weekly Lens: Prudence

Day 3: Creating a Dream Map

Subtopic: Earth's Navigational Guide
Focus: Visualization Exercise

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Mapping Activity
- Instructions:
1. Gather materials such as paper, markers, magazines, and glue.
2. Reflect on your prioritized dreams and the steps required to achieve them.
3. Begin by creating a central symbol or image that represents your ultimate dream or goal.
4. Surround this central image with smaller symbols, images, or words that represent the milestones or steps along the way to achieving your dream.
5. Use colors, textures, and other visual elements to enhance your dream map and make it visually appealing.
6. Once you have completed your dream map, display it in a place where you will see it regularly to keep your dreams in focus and inspire action.

Supplemental Materials:
-Book: "Radical Acceptance: Embracing Your Life With the Heart of a Buddha" by Tara Brach
-Movie/Docu: “Into Great Silence" (2005)
-Podcast: Landmark Recovery Radio



ELEMENT OF EARTH

Day 3: Creating a Dream Map
Subtopic: Earth's Navigational Guide
Focus: Visualization Exercise

Identifying and Setting Recovery Goals: Understanding the Importance of Goal Setting

We will explore the significance of goal setting in both personal recovery and professional development. By understanding the importance of setting clear and achievable goals, you'll be better equipped to navigate your recovery journey and enhance your leadership skills.

- Goal setting provides direction and focus, helping you clarify what you want to achieve in your recovery and professional life.
- Setting goals increases motivation and commitment, as you have a clear vision of what you're working towards.
- Goals act as benchmarks for progress, allowing you to track your achievements and adjust your actions accordingly.
- Effective goal setting promotes accountability and responsibility, encouraging you to take ownership of your actions and decisions.



ELEMENT OF EARTH

Weekly Topic: What Dreams Do I Hold Dear to my Heart and Myself?
Weekly Lens: Prudence

Day 4: Overcoming Obstacles

Subtopic: Earth's Resilient Path
Focus: Resilience Building

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Obstacle Reflection
- Instructions:
1. Reflect on the dreams and goals you have identified in your dream journal and dream map.
2. Consider potential obstacles or challenges that may arise on the path to achieving each dream.
3. Write down these obstacles, making sure to be specific and realistic about the challenges you may face.
4. For each obstacle, brainstorm possible strategies or solutions for overcoming it.
5. Focus on developing resilience and adaptability by considering multiple approaches to overcoming obstacles.
6. Keep your list of obstacles and strategies handy as a reference for times when you encounter challenges on your journey toward your dreams.

Supplemental Materials:
-Book: "Radical Acceptance: Embracing Your Life With the Heart of a Buddha" by Tara Brach
-Movie/Docu: “Into Great Silence" (2005)
-Podcast: Landmark Recovery Radio



ELEMENT OF EARTH

Weekly Topic: What Dreams Do I Hold Dear to my Heart and Myself?
Weekly Lens: Prudence

Day 5: Commitment to Dreams

Subtopic: Earth's Steadfast Pledge
Focus: Personal Commitment Statement

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Develop a commitment statement to personal dreams.
Personal Commitment Statement
- Instructions:
1. Set aside some quiet time for reflection and introspection.
2. Review your prioritized dreams and the obstacles you have identified.
3. Reflect on your dedication to pursuing your dreams despite any challenges or setbacks you may encounter.
4. Write a personal commitment statement that expresses your unwavering dedication to achieving your dreams.
5. Be specific and heartfelt in your statement, outlining your commitment to taking action, overcoming obstacles, and staying true to your aspirations.
6. Read your commitment statement aloud to yourself as a declaration of your intentions and determination to pursue your dreams with passion and perseverance.

Supplemental Materials:
-Book: "Radical Acceptance: Embracing Your Life With the Heart of a Buddha" by Tara Brach
-Movie/Docu: “Into Great Silence" (2005)
-Podcast: Landmark Recovery Radio



ELEMENT OF EARTH

Weekly Topic: What Dreams Do I Hold Dear to my Heart and Myself?
Weekly Lens: Prudence

Day 6: Visualization and Earth's Stable Ground

Subtopic: Manifesting Dreams
Focus: Guided Visualization Exercise

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Visualization Practice
- Instructions:
1. Find a comfortable and quiet space where you can relax and focus without distractions.
2. Close your eyes and take several deep breaths to center yourself and quiet your mind.
3. Visualize yourself achieving one of your prioritized dreams in vivid detail.
4. Engage all of your senses as you imagine what it would look, feel, sound, and even taste like to accomplish this dream.
5. Focus on the emotions you would experience upon realizing your dream, such as joy, pride, and fulfillment.
6. Spend several minutes immersed in this visualization, allowing yourself to fully experience the sensations and emotions associated with achieving your dream.
7. When you are ready, open your eyes and take a moment to reflect on your visualization experience, noting any insights or inspirations that arose during the practice.

Supplemental Materials:
-Book: "Radical Acceptance: Embracing Your Life With the Heart of a Buddha" by Tara Brach
-Movie/Docu: “Into Great Silence" (2005)
-Podcast: Landmark Recovery Radio



ELEMENT OF EARTH

Weekly Topic: What Dreams Do I Hold Dear to my Heart and Myself?
Weekly Lens: Prudence

Day 7: Recap and Prudence Reflection - Earth's Prudent Wisdom

Subtopic: Consolidating Prudent Insights

Focus: Reflection on Prudence

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Prudence Affirmation

- Instructions:

1. Reflect on the journey you have taken over the past week to identify, prioritize, and commit to your dreams.
2. Consider the importance of prudence in setting realistic goals, making thoughtful decisions, and navigating obstacles along the way.
3. Write down an affirmation that encapsulates your commitment to prudence in pursuing your dreams.
4. Repeat this affirmation aloud several times, allowing the words to sink in and resonate deeply within you.
5. Internalize the wisdom of prudence as you continue on your journey toward realizing your dreams, trusting in your ability to make wise choices and stay grounded in your aspirations.

Supplemental Materials:

-Book: "Radical Acceptance: Embracing Your Life With the Heart of a Buddha" by Tara Brach
-Movie/Docu: “Into Great Silence" (2005)
-Podcast: Landmark Recovery Radio

ELEMENT OF EARTH



Week 38: From Leader to Dreamer

Weekly Topic: From Leader to Dreamer
Weekly Lens: Communication
The Trait-Based Model of Recovery: Module 7 — Lesson 34

Summary: In Week 38, participants will focus on effectively communicating their dreams and visions with the support of Earth's nurturing energy. They will explore techniques for transitioning roles, articulating dreams, sharing vision collaboratively, building supportive networks, listening empathetically to others' dreams, cultivating empathetic communication, and reflecting on communication mastery.

Key Concepts:
- Transitioning Roles: Reflecting on shifting from leadership roles to embracing a dreamer's mindset.
- Communicating Dreams: Articulating personal dreams with clarity and expressiveness.
- Sharing Vision: Collaboratively expressing and sharing personal visions with others.
- Team Building for Dreams: Building a supportive network to facilitate dream realization.
- Listening to Dreams: Practicing active listening to understand and support others' dreams.
- Empathetic Communication: Cultivating compassionate and empathetic communication skills.
- Recap and Communication Mastery: Reflecting on communication skills and affirming mastery in expressing dreams effectively.

Daily Overview:
Day 1: Transitioning Roles - Earth's Communication Shift
Day 2: Communicating Dreams - Earth's Expressive Dialogue
Day 3: Sharing Vision - Earth's Collaborative Expression
Day 4: Team Building for Dreams - Earth's Supportive Network
Day 5: Listening to Dreams - Earth's Attentive Ears
Day 6: Empathetic Communication - Earth's Compassionate Exchange
Day 7: Recap and Communication Mastery - Earth's Communicative Wisdom



ELEMENT OF EARTH

Weekly Topic: From Leader to Dreamer
Weekly Lens: Communication

Day 1: Transitioning Roles

Subtopic: Earth's Communication Shift

Focus: Reflection on Leadership

The Trait-Based Model of Recovery: Module 7 — Lesson 34

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Reflect on transitioning from a leadership role to embracing a dreamer's mindset.

Activity: Role Transition Journaling

- Instructions:

1. Take some time to reflect on your transition from a leadership role to embracing a dreamer's mindset.
2. Write in your journal about the challenges, opportunities, and emotions associated with this transition.
3. Consider how your communication style and approach may need to evolve as you shift your focus towards pursuing your dreams.
4. Identify strategies for effectively communicating your vision and inspiring others to join you on your journey.
5. Reflect on the role of leadership in nurturing and supporting the dreams of yourself and others.

Supplemental Materials:

-Book: "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh

-Movie/Docu: “The Mindfulness Movie" (2013)

-Podcast: Back from Broken



ELEMENT OF EARTH

Day 1: Transitioning Roles
Subtopic: Earth's Communication Shift
Focus: Reflection on Leadership

Identifying and Setting Recovery Goals: Exploring One's Goals and Passions

We will delve further into the process of identifying your goals, both in recovery and professional settings. By honing your ability to identify meaningful and achievable goals, you'll lay the groundwork for success and fulfillment in all areas of your life.

- Reflect on your values, aspirations, and priorities to identify overarching goals that align with your vision for recovery and personal growth.
- Break down larger goals into smaller, manageable steps, making them more attainable and actionable.
- Prioritize your goals based on their significance and urgency, focusing on those that will have the greatest impact on your well-being and success.
Consider potential obstacles and challenges that may arise along the way, and develop strategies for overcoming them to stay on track towards your goals.



ELEMENT OF EARTH

Weekly Topic: From Leader to Dreamer
Weekly Lens: Communication

Day 2: Communicating Dreams

Subtopic: Earth's Expressive Dialogue

Focus: Communicative Skills Workshop

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Practice expressing personal dreams with clarity.

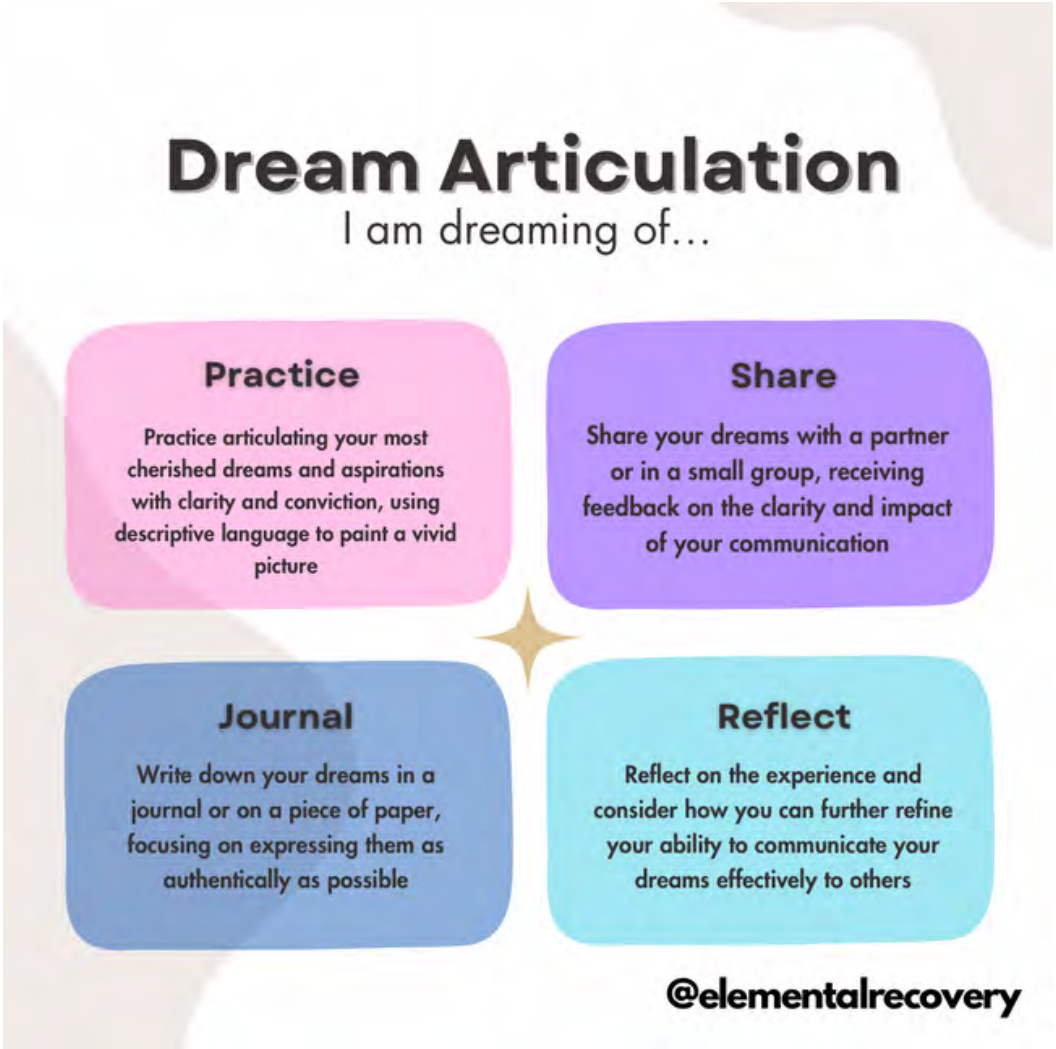
Activity: Articulating Dream Exercise
- Instructions:
1. Think about your most cherished dreams and aspirations.
2. Practice articulating these dreams with clarity and conviction, using descriptive language to paint a vivid picture.
3. Write down your dreams in a journal or on a piece of paper, focusing on expressing them as authentically as possible.
4. Share your dreams with a partner or in a small group, receiving feedback on the clarity and impact of your communication.
5. Reflect on the experience and consider how you can further refine your ability to communicate your dreams effectively to others.

Supplemental Materials:
-Book: "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh
-Movie/Docu: “The Mindfulness Movie" (2013)
-Podcast: Back from Broken



ELEMENT OF EARTH

Day 2: Communicating Dreams
Subtopic: Earth's Expressive Dialogue
Focus: Communicative Skills Workshop





ELEMENT OF EARTH

Weekly Topic: From Leader to Dreamer
Weekly Lens: Communication
Day 3: Sharing Vision
Subtopic: Earth's Collaborative Expression
Focus: Group Sharing Session

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Mindfulness Practice
Mindfulness Meditation: Collaborative Expression
Instructions:
1. Find a comfortable seated position, alone or with others.
2. Close your eyes and take deep breaths to center yourself.
3. Envision a circle of supportive individuals.
4. Visualize a shared goal or intention forming within the group.
5. Contribute your ideas while remaining open to others'.
6. Express gratitude for the shared experience.
7. Open your eyes, carrying the sense of unity and creativity with you.

Supplemental Materials:
-Book: "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh
-Movie/Docu: “The Mindfulness Movie" (2013)
-Podcast: Back from Broken



ELEMENT OF EARTH

Weekly Topic: From Leader to Dreamer
Weekly Lens: Communication
Day 4: Team Building for Dreams
Subtopic: Earth's Supportive Network
Focus: Team-Building Activities

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Build a supportive network for dream realization.

Activity: Group Collaboration Exercise
- Instructions:
1. Divide into small groups and brainstorm ways to support each other in achieving your dreams.
2. Identify strengths, resources, and connections within the group that can be leveraged to help each member succeed.
3. Develop a plan of action for how the group can collaborate and provide mutual support in pursuing individual and collective dreams.
4. Present your plan to the larger group, soliciting feedback and suggestions for improvement.
5. Commit to actively supporting and encouraging each other as you work towards realizing your dreams together.

Supplemental Materials:
-Book: "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh
-Movie/Docu: “The Mindfulness Movie" (2013)
-Podcast: Back from Broken



ELEMENT OF EARTH

Weekly Topic: From Leader to Dreamer
Weekly Lens: Communication
Day 5: Listening to Dreams
Subtopic: Earth's Attentive Ears
Focus: Active Listening Workshop

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Practice active listening in a dream-sharing session.

Activity: Dream Sharing Circle
- Instructions:
1. Sit in a circle and take turns sharing your dreams and aspirations with the group.
2. Practice active listening, giving each person your full attention and showing empathy and understanding.
3. Ask clarifying questions and offer supportive feedback to each person after they share their dreams.
4. Reflect on the experience of both sharing your own dreams and listening to the dreams of others.
5. Consider how active listening can deepen connections and foster a supportive community around shared aspirations.

Supplemental Materials:
-Book: "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh
-Movie/Docu: “The Mindfulness Movie" (2013)
-Podcast: Back from Broken



ELEMENT OF EARTH

Weekly Topic: From Leader to Dreamer
Weekly Lens: Communication

Day 6: Empathetic Communication

Subtopic: Earth's Compassionate Exchange

Focus: Empathy Building Exercise

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Cultivate empathetic communication skills.

Activity: Role-Playing Scenarios
- Instructions:
1. Pair up with a partner and choose a scenario related to pursuing dreams and overcoming challenges.
2. Take turns playing different roles, such as dreamer and supporter, and practice communicating with empathy and compassion.
3. Pay attention to your tone, body language, and choice of words, aiming to convey understanding and support.
4. After each role-play, discuss what went well and areas for improvement, offering constructive feedback to each other.
5. Reflect on the importance of empathetic communication in building trust, fostering collaboration, and supporting each other on the journey towards realizing your dreams.

Supplemental Materials:
-Book: "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh
-Movie/Docu: “The Mindfulness Movie" (2013)
-Podcast: Back from Broken



ELEMENT OF EARTH

Weekly Topic: From Leader to Dreamer
Weekly Lens: Communication

Day 7: Recap and Communication Mastery - Earth's Communicative Wisdom

Subtopic: Consolidating Communicative Wisdom

Focus: Reflecting on Communication Skills

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Affirm mastery in communicating dreams effectively.

Activity: Communication Affirmation
- Instructions:
1. Reflect on the communication skills you've practiced and developed throughout the week.
2. Write down an affirmation that captures your commitment to communicating dreams effectively and compassionately.
3. Repeat the affirmation aloud several times, allowing its message to resonate deeply within you.
4. Visualize yourself confidently expressing your dreams and inspiring others with your words and actions.
5. Carry this affirmation with you as a reminder of your mastery in communication and your ability to make a positive impact through sharing your dreams with the world.

Supplemental Materials:
-Book: "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh
-Movie/Docu: “The Mindfulness Movie" (2013)
-Podcast: Back from Broken

ELEMENT OF EARTH



Week 39: Nurturing Nature

How Can I Best Steward the Land and Nature Around Me?
Weekly Lens: Respect
The Trait-Based Model of Recovery: Module 8 — Lesson 36

Summary: In Week 39, participants will delve into the wisdom of Earth, focusing on understanding ecosystems, adopting sustainable living practices, implementing conservation strategies, cultivating gardens, advocating for the environment, appreciating nature's beauty, and reflecting on Earth's wisdom as they transition to the element of Water.

Key Concepts:
- Understanding Ecosystems: Reflecting on the interconnectedness of ecosystems and Earth's harmony.
- Sustainable Living: Adopting eco-friendly habits for a balanced approach to living.
- Conservation Strategies: Contributing to local conservation efforts as protective measures for the Earth.
- Garden Cultivation: Connecting to Earth's fertility through gardening and planting seeds.
- Environmental Advocacy: Planning and executing advocacy campaigns to amplify Earth's voice.
- Nature Appreciation: Expressing gratitude for Earth's aesthetic beauty through art and photography.
- Recap and Transitioning to Water: Reflecting on Earth's wisdom and transitioning mindfully to the element of Water.

Daily Overview:
Day 1: Understanding Ecosystems - Earth's Harmony
Day 2: Sustainable Living - Earth's Balanced Approach
Day 3: Conservation Strategies - Earth's Protective Measures
Day 4: Garden Cultivation - Earth's Fertility
Day 5: Environmental Advocacy - Earth's Voice
Day 6: Nature Appreciation - Earth's Aesthetic Beauty
Day 7: Recap and Transitioning to Water - Earth's Watershed Wisdom



ELEMENT OF EARTH

Weekly Topic: How Can I Best Steward the Land and Nature Around Me?
Weekly Lens: Respect

Day 1: Understanding Ecosystems

Subtopic: Earth's Harmony

Focus: Ecosystem Awareness Workshop

The Trait-Based Model of Recovery: Module 8 — Lesson 36

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Reflect on the interconnectedness of ecosystems.

Activity: Nature Observation Journaling
- Instructions:
1. Spend time in a natural environment, such as a park, forest, or garden.
2. Observe the various elements of the ecosystem around you, including plants, animals, and their interactions.
3. Take notes in your journal about what you observe, paying attention to patterns, diversity, and relationships within the ecosystem.
4. Reflect on the interconnectedness of all living beings and the importance of maintaining balance and harmony in ecosystems.
5. Consider how your observations can inform your daily choices and actions to support the health and sustainability of Earth's ecosystems.

Supplemental Materials:
-Book: "The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "Good Will Hunting"
-Podcast:Airing Addiction



ELEMENT OF EARTH

Day 1: Understanding Ecosystems
Subtopic: Earth's Harmony
Focus: Ecosystem Awareness Workshop





ELEMENT OF EARTH

Weekly Topic: How Can I Best Steward the Land and Nature Around Me?
Weekly Lens: Respect

Day 2: Sustainable Living

Subtopic: Earth's Balanced Approach

Focus: Sustainable Practices Discussion

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Adopt sustainable habits in daily life.

Activity: Implementing Eco-Friendly Habits
- Instructions:
1. Identify areas of your daily life where you can reduce your environmental footprint, such as energy consumption, waste generation, and transportation.
2. Research and select eco-friendly alternatives and practices that align with your values and lifestyle.
3. Begin implementing these habits into your daily routine, such as reducing single-use plastics, conserving water, or using renewable energy sources.
4. Keep track of your progress and challenges in a journal, noting any positive impacts on the environment and your well-being.
5. Share your experiences and tips with others, inspiring them to adopt sustainable living practices as well.

Supplemental Materials:
-Book: "The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "Good Will Hunting"
-Podcast:Airing Addiction



ELEMENT OF EARTH

Weekly Topic: How Can I Best Steward the Land and Nature Around Me?
Weekly Lens: Respect

Day 3: Conservation Strategies

Subtopic: Earth's Protective Measures

Focus: Conservation Workshop

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Contribute to local conservation efforts.

Activity: Local Conservation Project
- Instructions:
1. Research conservation initiatives and organizations in your local area that align with your interests and values.
2. Volunteer or participate in a conservation project, such as habitat restoration, wildlife monitoring, or community clean-up efforts.
3. Work collaboratively with other participants to achieve common conservation goals and objectives.
4. Reflect on the impact of your actions on local ecosystems and communities, and the importance of collective efforts in conservation.
5. Commit to continued involvement and support for conservation initiatives in your community.

Supplemental Materials:
-Book: "The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "Good Will Hunting"
-Podcast:Airing Addiction



ELEMENT OF EARTH

Day 3: Conservation Strategies
Subtopic: Earth's Protective Measures

Identifying and Setting Recovery Goals: Setting SMART GoalsI

We will introduce the concept of SMART goals and explore how to apply this framework to your goal-setting process. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-bound. By setting goals that meet these criteria, you'll increase your likelihood of success and optimize your efforts in recovery ad professional development.

SMART goals are a framework for setting objectives that are clear, achievable, and actionable. Let's break down each component of a SMART goal:
- **Specific**: A specific goal clearly defines what you want to accomplish, answering the questions of who, what, where, when, and why. It provides clarity and focus, making it easier to understand and pursue.
- **Measurable**: A measurable goal is quantifiable and allows you to track your progress. It includes concrete criteria for evaluating success, such as deadlines, milestones, or numerical targets. Measuring progress helps you stay motivated and assess your performance.

- **Achievable**: An achievable goal is realistic and attainable given your resources, skills, and constraints. It takes into account your current abilities and circumstances, ensuring that your goals are within reach with effort and commitment.

- **Relevant**: A relevant goal is aligned with your values, aspirations, and long-term objectives. It is meaningful and significant, contributing to your overall growth and development. A relevant goal resonates with your personal interests and motivations, keeping you engaged and committed.
- **Time-bound**: A time-bound goal has a specific timeframe or deadline for completion. It creates a sense of urgency and accountability, encouraging you to take action and make progress. A deadline helps you prioritize your tasks and manage your time effectively.

By setting SMART goals, you'll clarify your objectives, track your progress, stay motivated, and achieve greater success in your recovery and professional endeavors.



ELEMENT OF EARTH

Weekly Topic: How Can I Best Steward the Land and Nature Around Me?
Weekly Lens: Respect

Day 4: Garden Cultivation
Subtopic: Earth's Fertility
Focus: Gardening Session

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Cultivate a connection to the Earth through gardening.

Activity: Planting Seeds Exercise
- Instructions:
1. Gather gardening supplies such as seeds, soil, pots, and gardening tools.
2. Choose a suitable location for planting, whether it's a garden plot, raised bed, or container garden.
3. Plant seeds of vegetables, herbs, or flowers, paying attention to spacing, depth, and soil quality.
4. Care for your plants by watering, weeding, and providing appropriate sunlight and nutrients.
5. Reflect on the process of planting and nurturing life, and the connection between gardening and Earth's fertility and abundance.

Supplemental Materials:
-Book: "The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "Good Will Hunting"
-Podcast:Airing Addiction



ELEMENT OF EARTH

Weekly Topic: How Can I Best Steward the Land and Nature Around Me?
Weekly Lens: Respect

Day 5: Environmental Advocacy

Subtopic: Earth's Voice

Focus: Advocacy Planning

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Develop an environmental advocacy plan.

Activity: Earth Advocacy Campaign
- Instructions:
1. Identify an environmental issue or cause that you are passionate about and want to advocate for.
2. Research the root causes, impacts, and stakeholders involved in the issue, as well as existing advocacy efforts and campaigns.
3. Develop a strategic advocacy plan that includes goals, target audience, messaging, tactics, and timeline.
4. Mobilize support and resources for your advocacy campaign, including building partnerships with like-minded individuals and organizations.
5. Take action to raise awareness, influence decision-makers, and drive positive change towards addressing the environmental issue.

Supplemental Materials:
-Book: "The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "Good Will Hunting"
-Podcast:Airing Addiction



ELEMENT OF EARTH

Weekly Topic: How Can I Best Steward the Land and Nature Around Me?
Weekly Lens: Respect

Day 6: Nature Appreciation

Subtopic: Earth's Aesthetic Beauty

Focus: Nature Photography Session

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Express appreciation for nature through art.

Activity: Nature Photography Session
- Instructions:
1. Explore a natural area with your camera or smartphone, capturing images of the beauty and diversity of nature.
2. Experiment with different techniques and perspectives to convey the essence and mood of the natural landscape.
3. Reflect on the emotions and inspiration evoked by the natural world, and the role of art in connecting people to nature.
4. Share your photos with others through social media, exhibitions, or personal galleries, inviting them to appreciate and protect the Earth's beauty.
5. Commit to continuing to use your creative talents to celebrate and preserve the natural world for future generations.

Supplemental Materials:
-Book: "The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "Good Will Hunting"
-Podcast:Airing Addiction



ELEMENT OF EARTH

Weekly Topic: How Can I Best Steward the Land and Nature Around Me?
Weekly Lens: Respect

Day 7: Recap and Transitioning to Water

Subtopic: Earth's Watershed Wisdom

Focus: Reflecting on Earth's Wisdom

Elemental Information: Having journeyed through the transformative elements of fire and air, we now celebrate the progress made and bask in the grounded energy of earth. Drawing inspiration from the steadfastness of the earth, we cultivate inner stability and authenticity, firmly rooted in our aspirations. Through grounding practices and profound introspection, we tap into resilience to propel us forward on our healing journey. This period serves as the foundation for refining our leadership abilities, empowering us to lead with unwavering integrity and boundless compassion.

Daily Call to Action: Reflect on the wisdom gained from Earth's element as we transition to Water.

Activity: Transition Practice

- Instructions:

1. Gather in a quiet and serene space, preferably near a body of water such as a river, lake, or ocean.
2. Take a moment to reflect on the lessons and insights gained from your exploration of Earth's element throughout the week.
3. Offer gratitude to the Earth for its abundance, wisdom, and support in your journey of personal growth and connection to nature.
4. As a symbolic gesture of transition, release a natural object such as a leaf, stone, or flower into the water, symbolizing letting go of the past and embracing the flow of change.
5. Meditate or silently contemplate the element of Water and its qualities of fluidity, adaptability, and renewal, as you prepare to embark on the next phase of your elemental exploration.

Supplemental Materials:

-Book: "The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "Good Will Hunting"
-Podcast:Airing Addiction

ELEMENT OF WATER



Quarter Four Overview

Introduction to the Element of Water:

Welcome to the final quarter of the Elemental Recovery program, where we immerse ourselves in the transformative element of water. As we reflect on the journey of the previous quarters, which ignited our passion in fire, inspired self-expression in air, and grounded us in earth, we now turn our focus to the fluid and dynamic nature of water. In this quarter, we embrace the essence of water, inviting our dreams to flow freely and effortlessly into our lives, just as water flows in the natural world. With a heavy emphasis on leadership and the pursuit of our dreams, participants are encouraged to navigate the waters of their inner world with courage and conviction. Join us as we dive deep into the currents of our emotions, intuition, and aspirations, harnessing the power of water to guide us towards our fullest potential.

Overview for Quarter 4: Water Element - Flowing Towards Dreams

Focus Areas: Clearing for Dreams, Receiving and Giving Compliments, Goal Planning, Navigating Setbacks, and Honoring the Present Moment**
Weeks 40-52 prioritize several key focus areas to support participants in flowing towards their dreams. Participants engage in practices to clear mental and emotional clutter, receive and give compliments authentically, plan and pursue their goals with intentionality, navigate setbacks with resilience, and honor the present moment with mindfulness.

Key Concepts: Adaptability, Mindfulness, Recognizing Personal Worth, and Embracing the Unique Journey
Central concepts for this quarter include adaptability, mindfulness, recognizing personal worth, and embracing the unique journey of recovery and growth. Participants cultivate adaptability in navigating life's changes, practice mindfulness to stay present and grounded, recognize their inherent worth and value, and embrace the uniqueness of their individual paths.

ELEMENT OF WATER



Week 40: Reflecting on the Journey So Far

Weekly Topic: Reflection on the Journey So Far...
Weekly Lens: Being Impeccable with Your Word
The Trait-Based Model of Recovery: Module 8 — Lesson 37

Summary: Week 40 focuses on the elemental theme of water, delving into emotional expression, finding inspiration, communal support, connection to abundance, creative expression, openness to love, and reflecting on water's transformative journey as participants transition to the element of Fire.

Key Concepts:
- Emotional Expression: Embracing and exploring emotions.
- Inspirational Moments: Sharing and finding inspiration.
- Communal Support: Engaging in peer support activities.
- Connection to Abundance: Practicing gratitude and reflecting on abundance.
- Creative Expression: Exploring creativity as a form of expression.
- Openness to Love: Cultivating openness and love.
- Recap and Transitioning to Fire: Reflecting on water's journey and preparing for transition.

Daily Overview:
Day 1: Emotional Expression - Water's Release
Day 2: Inspirational Moments - Water's Source
Day 3: Communal Support - Water's Flow
Day 4: Connection to Abundance - Water's Nourishment
Day 5: Creative Expression - Water's Artistry
Day 6: Openness to Love - Water's Inclusivity
Day 7: Recap and Transitioning to Fire - Water's Transformative Journey

ELEMENT OF WATER



Weekly Topic: Reflection on the Journey So Far...
Weekly Lens: Being Impeccable with Your Word

Day 1: Emotional Expression
Subtopic: Water's Release
Focus: Embracing Emotional Expression
The Trait-Based Model of Recovery: Module 8 — Lesson 37

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

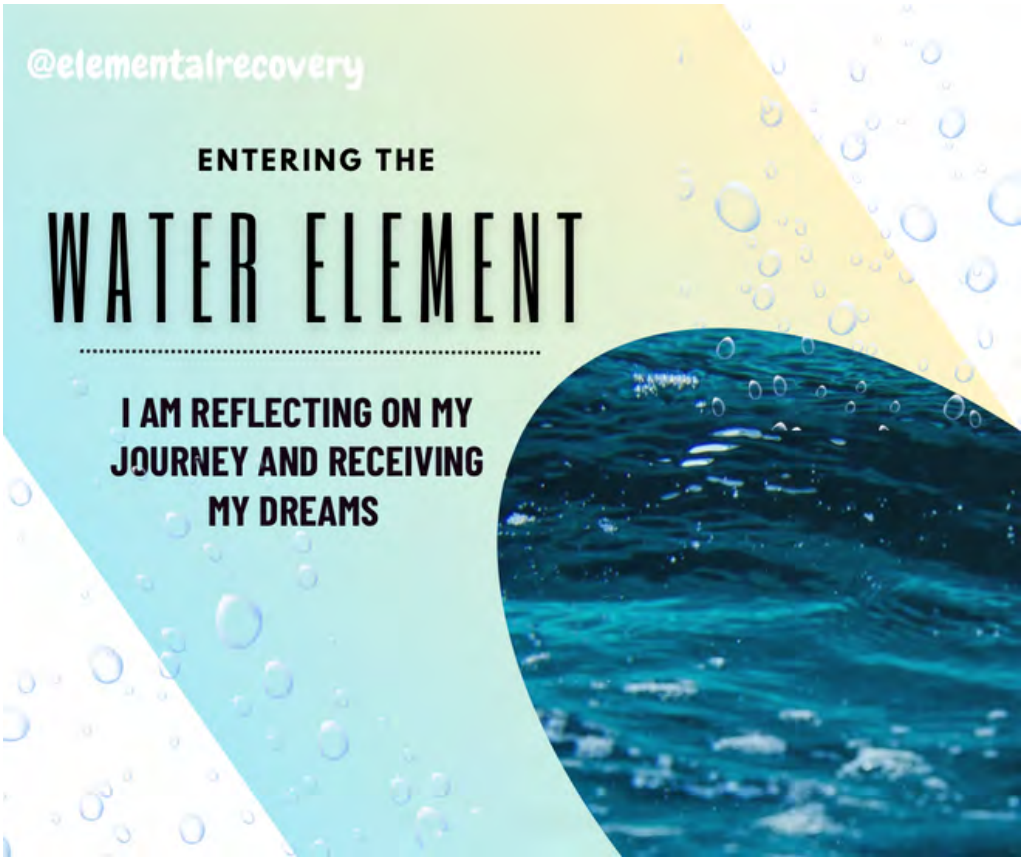
Daily Call to Action: Explore and express emotions through writing.

Activity: Journaling Emotions
- Instructions:
1. Find a quiet and comfortable space where you can be alone with your thoughts and emotions.
2. Take a few deep breaths to center yourself and connect with your inner feelings.
3. Open your journal and write freely about your emotions, allowing yourself to express whatever comes to mind without judgment.
4. Explore the depths of your emotions, acknowledging both the pleasant and challenging feelings you may be experiencing.
5. Reflect on how journaling helps you release and process your emotions, fostering greater self-awareness and emotional well-being.

Supplemental Materials:
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "Ram Dass, Going Home"
-Podcast:Addiction Unlimited

ELEMENT OF WATER

Day 1: Emotional Expression
Subtopic: Water's Release
Focus: Embracing Emotional Expression



ELEMENT OF WATER



Weekly Topic: Reflection on the Journey So Far...
Weekly Lens: Being Impeccable with Your Word

Day 2: Inspirational Moments

Subtopic: Water's Source
Focus: Sharing Inspirational Stories

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Introduction to Social Personality Types

This week, there will be a focus on understanding social personality types and developing essential skills for effective social interaction and boundary setting. We begin by exploring the three basic types of social personality: introvert, ambivert, and extrovert, alongside the nuanced concept of omniverts who experience extremes in introversion and extroversion based on situational contexts. Through introspection and self-assessment, participants gain insight into their own social personality scales, including variations like introverted extroverts, ambiverts, true omniverts, and extroverted introverts. This awareness forms the foundation for enhancing social interaction skills, as individuals learn to adapt their communication styles and behaviors to better align with their innate tendencies and the needs of others.

- Introvert: Introverts tend to be more inward-focused, preferring solitude or small group settings to recharge. They often excel in deep reflection and introspection, valuing meaningful one-on-one interactions over large social gatherings.

ELEMENT OF WATER



Day 2: Inspirational Moments
Subtopic: Water's Source
Focus: Sharing Inspirational Stories

Daily Call to Action: Sharing in an Inspirational Music Experience

Instructions:
1. Choose an inspirational song that resonates with you and uplifts your spirits. Consider selecting a song with meaningful lyrics or a melody that energizes you.
2. Find a comfortable space where you can listen to the song without interruptions. Create an environment that allows you to fully immerse yourself in the music.
3. Play the song and focus on its lyrics and melody. Pay attention to how the music makes you feel emotionally and physically.
4. Sing along or dance freely if desired. Allow yourself to express your emotions and connect with the music through movement and voice.
5. Reflect on the emotions and insights the song evokes. Consider how the message of the song relates to your own experiences and aspirations.
6. Journal or reflect on the experience and its impact on you. Take note of any thoughts, feelings, or realizations that emerged during the musical inspiration experience, and consider how you can apply them to your life moving forward.

Supplemental Materials:
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "Ram Dass, Going Home"
-Podcast:Addiction Unlimited

ELEMENT OF WATER



Weekly Topic: Reflection on the Journey So Far...
Weekly Lens: Being Impeccable with Your Word

Day 3: Communal Support
Subtopic: Water's Flow
Focus: Group Sharing Circle

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Introverted Leaders: Introverted leaders often excel in roles that require deep analysis, strategic planning, and thoughtful decision-making. They are adept at listening to their team members, fostering collaboration, and providing valuable insights based on careful consideration. Introverted leaders may create inclusive environments where quieter team members feel valued and heard, promoting diversity of thought and innovation.

Daily Call to Action: Extend support to others within the community.
Activity: Peer Support Activity (This can also be done individually in a virtual space, with peers.)
- Instructions:
1. Sit in a circle with your peers and create a safe and supportive environment for sharing.
2. Take turns sharing personal challenges, struggles, or goals you are currently facing.
3. Listen attentively to each person's sharing, offering empathy, understanding, and encouragement.
4. Provide constructive feedback or helpful suggestions if appropriate, while respecting each person's autonomy and perspective.
5. Reflect on the power of communal support and how it nurtures resilience, connection, and growth within the group.

Supplemental Materials:
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "Ram Dass, Going Home"
-Podcast:Addiction Unlimited

ELEMENT OF WATER



Weekly Topic: Reflection on the Journey So Far...
Weekly Lens: Being Impeccable with Your Word

Day 4: Connection to Abundance

Subtopic: Water's Nourishment
Focus: Gratitude Practice

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Ambivert: Ambiverts possess a balanced blend of introverted and extroverted traits, capable of adapting their social behavior to various situations. They feel comfortable in both solitary and social environments, demonstrating flexibility in their interactions.

Daily Call to Action: Reflect on moments of abundance in life.
Activity: Abundance Reflection
- Instructions:
1. Take a few moments to quiet your mind and cultivate a sense of gratitude for the abundance in your life.
2. Reflect on moments of abundance, blessings, and abundance that you have experienced recently or in the past.
3. Write down these moments in your journal, savoring the feelings of gratitude and appreciation as you recall them.
4. Consider how these moments of abundance have enriched your life and brought joy, fulfillment, or growth.
5. Carry this sense of gratitude with you throughout the day, remaining open to the abundance that surrounds you in all its forms.

Supplemental Materials:
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "Ram Dass, Going Home"
-Podcast:Addiction Unlimited

ELEMENT OF WATER



Weekly Topic: Reflection on the Journey So Far...
Weekly Lens: Being Impeccable with Your Word

Day 5: Creative Expression

Subtopic: Water's Artistry
Focus: Creative Expression Exercise

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Ambivert Leaders: Ambivert leaders possess a versatile leadership style, blending the strengths of both introversion and extroversion. They can adapt their approach based on the needs of their team and the demands of the situation. Ambivert leaders may excel in roles that require a balance of strategic thinking, relationship-building, and hands-on problem-solving, serving as effective mediators and facilitators within their teams.

Daily Call to Action: Explore creativity as a form of expression.

Activity: Creative Expression Exercise

- Instructions:

1. Engage in a creative activity that speaks to your soul, such as painting, drawing, writing, music, or dance.
2. Allow yourself to be fully immersed in the creative process, letting go of expectations and judgments.
3. Let your intuition guide you as you express yourself through your chosen medium, tapping into the flow of inspiration and imagination.
4. Reflect on how the act of creative expression connects you to your inner self, emotions, and the essence of the Water element.
5. Share your creation with others, inviting them to appreciate and resonate with the beauty and artistry of your expression.

Supplemental Materials:

-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "Ram Dass, Going Home"
-Podcast:Addiction Unlimited

ELEMENT OF WATER



Weekly Topic: Reflection on the Journey So Far...
Weekly Lens: Being Impeccable with Your Word

Day 6: Openness to Love

Subtopic: Water's Inclusivity
Focus: Love Meditation

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Extrovert: Extroverts thrive in social settings, energized by interactions with others and external stimuli. They enjoy being the center of attention, engaging in lively conversations, and seeking out new experiences and adventures.
Extroverted Leaders: Extroverted leaders thrive in dynamic environments where quick decision-making and effective communication are crucial. They are skilled at motivating and energizing their teams, leveraging their charisma and enthusiasm to inspire action. Extroverted leaders may excel in roles that involve networking, public speaking, and building strong relationships with clients or stakeholders.
Daily Call to Action: Cultivate openness to love.
Activity: Loving-Kindness Practice
- Instructions:
1. Find a comfortable and quiet space where you can sit or lie down comfortably.
2. Close your eyes and take several deep breaths to relax your body and mind.
3. Begin by directing love and kindness towards yourself, repeating phrases such as "May I be happy, may I be healthy, may I be safe, may I be at peace."
4. Extend these wishes of love and kindness to others, starting with loved ones, then to acquaintances, and finally to all beings.
5. Allow feelings of love, compassion, and connection to flow freely within and around you, embracing the inclusive and expansive nature of Water's love.

Supplemental Materials:
-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "Ram Dass, Going Home"
-Podcast:Addiction Unlimited

ELEMENT OF WATER



Weekly Topic: Reflection on the Journey So Far...
Weekly Lens: Being Impeccable with Your Word

Day 7: Reflecting on Water's Journey and Embracing the Final Element

Subtopic: Transitioning to the Final Element
Focus: Embracing Transformation

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Reflect on the transformative aspects of the Water element as we enter its final phase and prepare for the journey ahead.

Activity: Transition Breathing Exercise

- Instructions:

1. Find a quiet and serene space where you can sit comfortably, preferably near a body of water or with a bowl of water as a focal point.
2. Take a few deep breaths to center yourself and bring your focus to the present moment.
3. Reflect on the lessons and experiences gained from your exploration of the Water element throughout the program. Consider how it has cleansed, nurtured, and transformed you.
4. Offer gratitude to the element of Water for its guidance and support on your journey.
5. Close your eyes and imagine a gentle stream of water flowing through your body, washing away any stagnant energy or negative emotions.
6. With each inhale, visualize yourself drawing in the purifying energy of Water. With each exhale, release any tension or resistance, allowing yourself to fully surrender to the flow.
7. As you continue to breathe deeply, feel yourself becoming lighter and more buoyant, like a leaf floating on the surface of a serene lake.
8. Set intentions for the next phase of your elemental journey, embracing the transformative energy of the final element with an open heart and mind.

Supplemental Materials:

-Book: "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
-Movie/Docu: "Ram Dass, Going Home"
-Podcast:Addiction Unlimited

ELEMENT OF WATER



Week 41: Seeking Support for Dreams

Weekly Topic: Where Can I Receive the Best Support for My Dreams?
Weekly Lens: Not Making Assumptions

Summary: Week 41 explores the essence of the Water element, focusing on identifying supportive elements, effective communication, nurturing connections, collaborative synergy, breaking assumption patterns, creating supportive environments, and reflecting on Water's nurturing flow.

Key Concepts:
- Positive Influences: Recognizing and harnessing positive support.
- Open and Honest Communication: Enhancing dialogue for support.
- Meaningful Relationships: Nurturing and strengthening connections.
- Collaborative Efforts: Cultivating synergy in cooperative endeavors.
- Challenging Assumptions: Breaking patterns to foster growth.
- Supportive Environments: Creating spaces conducive to support.
- Recap and Reflection: Reflecting on Water's nurturing flow and its impact.

Daily Overview:
Day 1: Identifying Supportive Elements - Ripple Effect
- Focus: Recognizing Positive Influences
Day 2: Effective Communication - Clear Waters
- Focus: Open and Honest Dialogue
Day 3: Nurturing Connections - Deep Dive
- Focus: Building Meaningful Relationships
Day 4: Collaborative Synergy - Harmonious Flow
- Focus: Synergizing Efforts
Day 5: Breaking Assumption Patterns - Disturb the Waters
- Focus: Challenging Assumptions
Day 6: Supportive Environments - Still Waters
- Focus: Creating Supportive Spaces
Day 7: Recap and Reflect - Gentle Current
- Focus: Reflecting on Water's Nurturing Flow

ELEMENT OF WATER



Weekly Topic: Where Can I Receive the Best Support for My Dreams?
Weekly Lens: Not Making Assumptions

Day 1: Identifying Supportive Elements - Ripple Effect

Subtopic: Recognizing Positive Influences
Focus: Supportive Relationships Analysis

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Exploring Social Personality Types and Leadership

- Omnivert: Omniverts experience extremes in introversion and extroversion, finding it challenging to balance outgoingness and shyness. They may exhibit dual personality traits, being highly sociable in certain contexts while introverted in others.

Daily Call to Action: Identify sources of positive support.

Activity: Supportive Relationships Analysis

- Instructions:

1. Reflect on the relationships in your life, both personal and professional, that have a positive impact on you.
2. Identify individuals who offer support, encouragement, and understanding during challenging times.
3. Consider the qualities and behaviors of these supportive individuals, such as active listening, empathy, and reliability.
4. Evaluate the role of each supportive relationship in your life and how it contributes to your overall well-being and growth.
5. Express gratitude to these individuals and make a commitment to nurture and maintain these supportive connections.

Supplemental Materials:

-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "The Connection"
-Podcast: Podcast Recovery

ELEMENT OF WATER



Weekly Topic: Where Can I Receive the Best Support for My Dreams?
Weekly Lens: Not Making Assumptions

Day 2: Effective Communication

Subtopic: Clear Waters

Focus: Open and Honest Dialogue

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

-**Omnivert Leaders**: Omnivert leaders bring a unique perspective to leadership, drawing from their experiences navigating both introverted and extroverted tendencies. They are adaptable and flexible, able to thrive in a variety of leadership roles and environments. Omnivert leaders may excel in roles that require innovation, creativity, and the ability to navigate complex interpersonal dynamics, bringing a diverse range of skills and insights to their teams.

Daily Call to Action: Improve communication for support.

Activity: Communication Skills Practice

- Instructions:

1. Engage in role-playing scenarios or conversation exercises with a partner to practice open and honest communication.
2. Focus on active listening, expressing thoughts and feelings clearly, and seeking mutual understanding.
3. Pay attention to nonverbal cues such as body language and tone of voice, aiming to convey sincerity and authenticity in your communication.
4. Reflect on the effectiveness of your communication skills and areas for improvement.
5. Commit to ongoing practice and growth in your ability to communicate effectively with others.

(You can also practice this exercise in front of the mirror, or just to yourself as a way to practice communication skills and techniques.)

Supplemental Materials:

-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "The Connection"
-Podcast: Podcast Recovery

ELEMENT OF WATER



Weekly Topic: Where Can I Receive the Best Support for My Dreams?
Weekly Lens: Not Making Assumptions

Day 3: Nurturing Connections

Subtopic: Deep Dive
Focus: Building Meaningful Relationships

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: .Strengthen meaningful connections.

Activity: Relationship Nurturing Exercise
- Instructions:
1. Choose a relationship that you value and want to nurture, whether it's with a friend, family member, colleague, or partner.
2. Dedicate quality time to connect with this person, whether it's through a heartfelt conversation, shared activity, or thoughtful gesture.
3. Practice active listening and empathy, seeking to understand their perspective and feelings.
4. Express appreciation and affection for the relationship, acknowledging the value it brings to your life.
5. Reflect on the depth and intimacy of the connection, and commit to continuing to nurture and strengthen it over time.

Supplemental Materials:
-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "The Connection"
-Podcast: Podcast Recovery

ELEMENT OF WATER



Weekly Topic: Where Can I Receive the Best Support for My Dreams?
Weekly Lens: Not Making Assumptions

Day 4: Collaborative Synergy

Subtopic: Harmonious Flow
Focus: Synergizing Efforts

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Seek and foster collaborative efforts.

Activity: Collaborative Activity
- Instructions:
1. Form a small group with fellow participants and brainstorm a collaborative project or activity.
2. Identify each person's strengths, skills, and interests, and how they can contribute to the project.
3. Work together to plan and execute the project, leveraging the synergy of your collective efforts.
4. Foster open communication, creativity, and cooperation within the group to achieve shared goals.
5. Reflect on the experience of collaboration and the power of working together towards a common purpose.

Supplemental Materials:
-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "The Connection"
-Podcast: Podcast Recovery

ELEMENT OF WATER



Weekly Topic: Where Can I Receive the Best Support for My Dreams?
Weekly Lens: Not Making Assumptions

Day 5: Breaking Assumption Patterns

Subtopic: Disturb the Waters
Focus: Challenging Assumptions

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Challenge and reshape assumptions.

Activity: Assumption-Breaking Exercise
- Instructions:
1. Identify a deeply held assumption or belief that you have about yourself, others, or the world around you.
2. Reflect on the origins and implications of this assumption, considering how it may limit your perspective or behavior.
3. Challenge the validity of the assumption by seeking evidence or alternative viewpoints that contradict it.
4. Experiment with new thoughts, behaviors, or experiences that challenge and reshape the assumption.
5. Reflect on the process of breaking free from limiting assumptions and the opportunities for growth and transformation it opens up.

Supplemental Materials:
-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "The Connection"
-Podcast: Podcast Recovery

ELEMENT OF WATER

Day 5: Breaking Assumption Patterns
Subtopic: Disturb the Waters
Focus:Challenging Assumptions



ELEMENT OF WATER



Weekly Topic: Where Can I Receive the Best Support for My Dreams?
Weekly Lens: Not Making Assumptions

Day 6: Supportive Environments

Subtopic: Still Waters
Focus:Creating Supportive Spaces

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Cultivate a supportive environment.

Activity: Personal Space Evaluation
- Instructions:
1. Take a close look at your physical environment, including your home, workspace, and other places you spend time in.
2. Evaluate how supportive and nurturing each environment is to your overall well-being and goals.
3. Identify any elements or areas that contribute to stress, distraction, or negativity, and consider how you can address or minimize them.
4. Create a plan to enhance and optimize your environments to better support your personal and professional growth.
5. Take action to implement changes and improvements to your spaces, creating an atmosphere of tranquility, inspiration, and productivity.

Supplemental Materials:
-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "The Connection"
-Podcast: Podcast Recovery

ELEMENT OF WATER



Weekly Topic: Where Can I Receive the Best Support for My Dreams?
Weekly Lens: Not Making Assumptions

Day 7: Recap and Reflect

Subtopic: Gentle Current

Focus: Reflecting on Water's Nurturing Flow

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Review the nurturing aspects of Water and prepare for the upcoming weeks.

Activity: Journal Reflection
- Instructions:
1. Set aside time for quiet reflection and introspection.
2. Open your journal and write about your experiences and insights from exploring the nurturing aspects of the Water element throughout the week.
3. Reflect on how the qualities of Water, such as support, communication, connection, , collaboration, and flexibility, have manifested in your life.
4. Consider how you can continue to embody these qualities and integrate them into your daily routines and interactions.
5. Express gratitude for the lessons learned and set intentions for applying them in the weeks ahead as you transition to the next elemental focus.

Supplemental Materials:
-Book: "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn
-Movie/Docu: "The Connection"
-Podcast: Podcast Recovery

ELEMENT OF WATER



Week 42: Clearing for Dream Manifestation

Weekly Topic: What Am I Clearing or Cleansing for My Dreams to Come Online?

Weekly Lens: Always Doing Your Best

Summary: Week 42 explores the refreshing qualities of the Water element, emphasizing the importance of setting clear goals, releasing emotional and mental burdens, revitalizing environments, fostering harmony in relationships, deepening spiritual connections, and reflecting on the transformative power of Water's cleansing flow.

Key Concepts:

- Clear Objectives: Setting precise and clear goals.
- Emotional Release: Letting go of emotional burdens.
- Mental Decluttering: Clearing the mind of unnecessary thoughts.
- Environmental Renewal: Refreshing and organizing surroundings.
- Relational Harmony: Resolving conflicts and fostering peace in relationships.
- Spiritual Deepening: Strengthening spiritual practices and connections.
- Recap and Reflection: Reflecting on the transformative effects of Water's cleansing flow.

Daily Overview:

Day 1: Clarifying Dreams - Crystal Waters
- Focus: Defining Clear Objectives

Day 2: Emotional Cleansing - Purifying Waves
- Focus: Releasing Emotional Baggage

Day 3: Mental Detox - Refreshing Rain
- Focus: Clearing Mental Clutter

Day 4: Environmental Renewal - Tidal Refresh
- Focus: Creating a Refreshing Environment

Day 5: Relational Harmony - Harmonic Ripples
- Focus: Resolving Relationship Tensions

Day 6: Spiritual Deepening - Waters of Reflection
- Focus: Deepening Spiritual Practices

Day 7: Recap and Reflect - Gentle Current
- Focus: Reflecting on Water's Cleansing Flow

ELEMENT OF WATER



Weekly Topic: What Am I Clearing or Cleansing for My Dreams to Come Online?
Weekly Lens: Always Doing Your Best

Day 1: Clarifying Dreams

Subtopic: Crystal Waters
Focus: Defining Clear Objectives

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Establish clear and specific goals.

Activity: Dream Clarity Exercise
- Instructions:
1. Set aside uninterrupted time in a calm and peaceful environment.
2. Reflect on your dreams and aspirations, both short-term and long-term.
3. Write down your goals and dreams in specific detail, including what you want to achieve and why it's important to you.
4. Prioritize your goals, identifying the most important ones that you want to focus on first.
5. Visualize yourself achieving each goal, feeling the emotions of success and fulfillment as if it's already happening.

Supplemental Materials:
-Book: "The Wisdom of No Escape and the Path of Loving-Kindness" by Pema Chödrön
-Movie/Docu: "Walk with Me"
-Podcast: The Rehab

ELEMENT OF WATER



Day 1: Clarifying Dreams
Subtopic: Crystal Waters
Focus: Defining Clear Objectives

Identifying and Regulating Triggers

Identifying and regulating triggers is crucial for maintaining emotional well-being and promoting healthy coping mechanisms. By recognizing the factors that contribute to emotional distress or undesirable behaviors, you can develop strategies to manage and mitigate their impact. Here are some ways to regulate triggers effectively:

- Engage in self-reflection and observation of thoughts, emotions, and behaviors.
- Adopt a proactive approach by considering various aspects of your environment and social interactions.
- Implement coping strategies to manage the impact of triggers.
- Seek support from others, such as friends, family, or therapists.
- Practice self-care to prioritize emotional and physical well-being.
- Regularly assess your self-care practices and ask yourself, "Am I taking care of myself?"

ELEMENT OF WATER



Weekly Topic: What Am I Clearing or Cleansing for My Dreams to Come Online?
Weekly Lens: Always Doing Your Best

Day 2: Emotional Cleansing

Subtopic: Purifying Waves
Focus: Releasing Emotional Baggage

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Let go of emotional burdens.

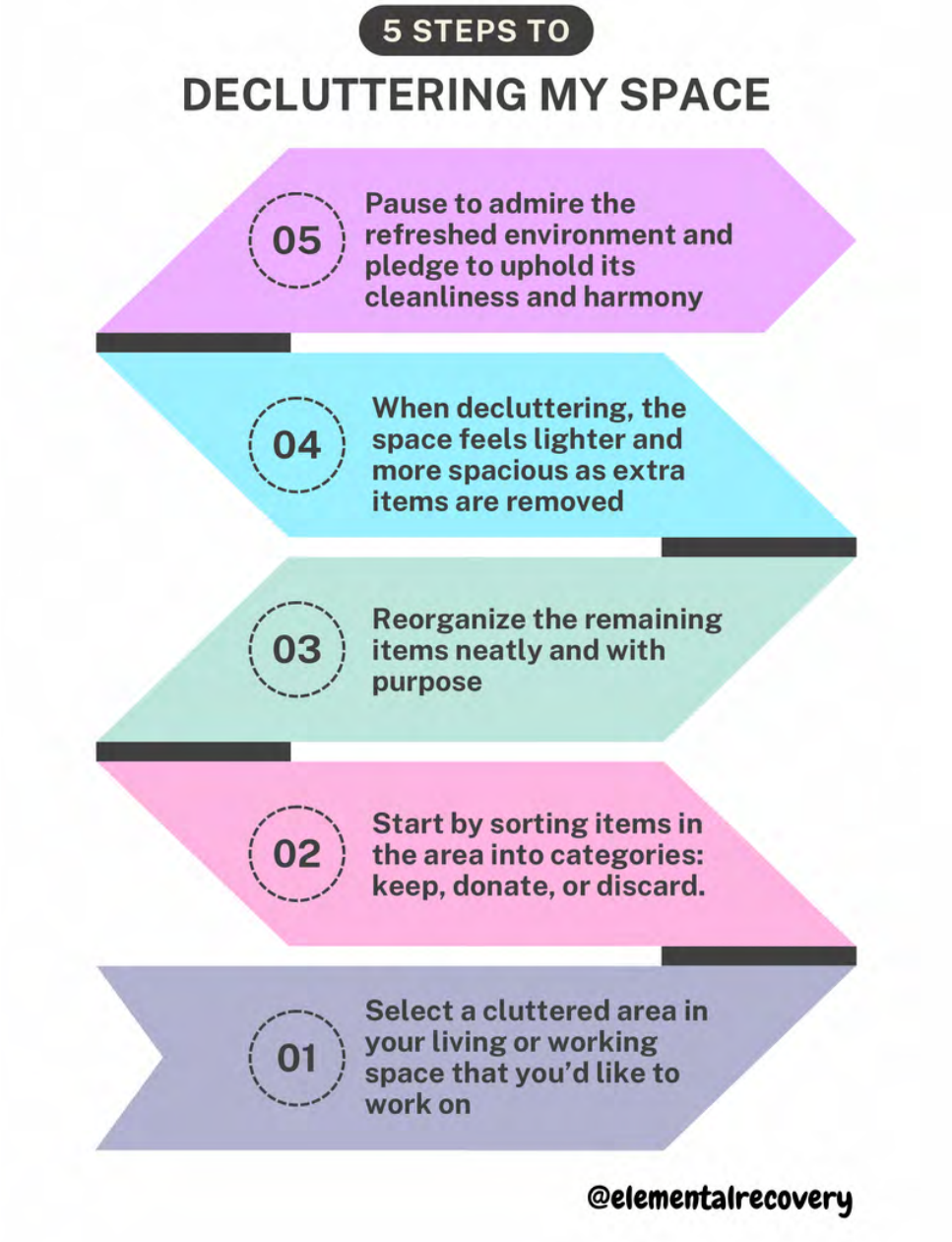
Activity: Emotional Cleansing Practice
- Instructions:
1. Find a quiet and comfortable space where you won't be disturbed.
2. Close your eyes and take several deep breaths to center yourself.
3. Bring to mind any emotions or experiences that are weighing heavily on you.
4. Visualize these emotions as heavy burdens that you are carrying.
5. Imagine yourself releasing these burdens into a stream of water, watching them flow away and dissolve into the distance.

Supplemental Materials:
-Book: "The Wisdom of No Escape and the Path of Loving-Kindness" by Pema Chödrön
-Movie/Docu: "Walk with Me"
-Podcast: The Rehab

ELEMENT OF WATER



Day 2: Emotional Cleansing
Subtopic: Purifying Waves
Focus: Releasing Emotional Baggage



ELEMENT OF WATER



Weekly Topic: What Am I Clearing or Cleansing for My Dreams to Come Online?
Weekly Lens: Always Doing Your Best

Day 3: Mental Detox

Subtopic: Refreshing Rain
Focus: Clearing Mental Clutter

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Practice mental decluttering.

Activity: Mindfulness Meditation
- Instructions:
1. Find a comfortable seated position and close your eyes.
2. Focus on your breath, allowing it to flow naturally in and out of your body.
3. Notice any thoughts or emotions that arise without judgment, simply observing them as they come and go.
4. Whenever you find your mind wandering, gently bring your attention back to your breath.
5. Continue this practice for several minutes, allowing yourself to experience a sense of clarity and inner peace.

Supplemental Materials:
-Book: "The Wisdom of No Escape and the Path of Loving-Kindness" by Pema Chödrön
-Movie/Docu: "Walk with Me"
-Podcast: The Rehab

ELEMENT OF WATER



Weekly Topic: What Am I Clearing or Cleansing for My Dreams to Come Online?
Weekly Lens: Always Doing Your Best

Day 4: Environmental Cleanse

Subtopic: Tidal Renewal

Focus: Creating a Refreshing Environment

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Organize and refresh your surroundings.

Activity: Decluttering Space
- Instructions:
1. Choose a specific area of your living or working space that feels cluttered or chaotic.
2. Begin by sorting through items in that area, deciding what to keep, donate, or discard.
3. Clean and organize the remaining items in a way that feels orderly and intentional.
4. Pay attention to the energy of the space as you declutter, noticing how it feels lighter and more spacious as you remove excess belongings.
5. Take a moment to appreciate the refreshed environment and commit to maintaining its cleanliness and harmony.

Supplemental Materials:
-Book: "The Wisdom of No Escape and the Path of Loving-Kindness" by Pema Chödrön
-Movie/Docu: "Walk with Me"
-Podcast: The Rehab

ELEMENT OF WATER



Weekly Topic: What Am I Clearing or Cleansing for My Dreams to Come Online?
Weekly Lens: Always Doing Your Best

Day 5: Relational Harmony

Subtopic: Harmonic Ripples

Focus: Resolving Relationship Tensions

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Seek resolution in relationships.

Activity: Relationship Harmony Exercise
- Instructions:
1. Identify a relationship in your life that is experiencing tension or conflict.
2. Reflect on the underlying causes of the tension and your role in the dynamic.
3. Initiate a conversation with the other person, expressing your feelings and listening empathetically to their perspective.
4. Work together to find common ground and mutually agreeable solutions to resolve the tension.
5. Commit to ongoing communication and collaboration to maintain harmony and understanding in the relationship.

Supplemental Materials:
-Book: "The Wisdom of No Escape and the Path of Loving-Kindness" by Pema Chödrön
-Movie/Docu: "Walk with Me"
-Podcast: The Rehab

ELEMENT OF WATER



Weekly Topic: What Am I Clearing or Cleansing for My Dreams to Come Online?
Weekly Lens: Always Doing Your Best

Day 6: Deepening Personal Connections

Subtopic: Waters of Reflection

Focus: Enhancing Personal Practices

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Strengthen personal connections.

Activity: Self-Exploration Exercise
- Instructions:
1. Engage in a personal practice that resonates with you, such as meditation, reflection, journaling, or self-care.
2. Set aside dedicated time for this practice, finding a quiet and peaceful space where you can focus without distractions.
3. Connect with your inner self and your personal beliefs or values, allowing yourself to be open to insights, inspiration, and renewal.
4. Reflect on any insights, feelings, or ideas that arise during your self-exploration.
5. Integrate these experiences into your daily life, fostering a deeper sense of connection and purpose in everything you do.

Supplemental Materials:
-Book: "The Wisdom of No Escape and the Path of Loving-Kindness" by Pema Chödrön
-Movie/Docu: "Walk with Me"
-Podcast: The Rehab

ELEMENT OF WATER



Weekly Topic: What Am I Clearing or Cleansing for My Dreams to Come Online?
Weekly Lens: Always Doing Your Best

Day 7: Reflect and Strive for Excellence

Subtopic: Gentle Current

Focus: Reflecting on Water's Cleansing Flow and Pursuing Excellence

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Reflect on the cleansing journey and commit to always striving for your best.

Activity: Personal Evaluation Exercise

- Instructions:

1. Take time to reflect on your experiences throughout the week, focusing on the cleansing aspects of the Water element.
2. Write in your journal about how each activity impacted you emotionally, mentally, and personally.
3. Consider any insights or lessons you gained from releasing emotional baggage, clearing mental clutter, and fostering relational harmony.
4. Reflect on your performance and efforts during the week, identifying areas where you excelled and areas for improvement.
5. Express gratitude for the cleansing journey and the opportunity for growth and renewal.
6. Set intentions for how you will carry forward the lessons learned into the weeks ahead, committing to always strive for excellence in all aspects of your life.

Supplemental Materials:

-Book: "The Wisdom of No Escape and the Path of Loving-Kindness" by Pema Chödrön
-Movie/Docu: "Walk with Me"
-Podcast: The Rehab

ELEMENT OF WATER



Week 43: Receiving and Giving Genuine Compliments

Weekly Topic: How to Receive Genuine Compliments and Give Them
Weekly Lens: Not Taking Things Personally

Summary: Week 43 delves into the transformative impact of compliments, focusing on opening to appreciation, the art of complimenting others, releasing compliment blocks, gracious responses, offering constructive compliments, complimenting inner qualities, and reflection on the journey.

Key Concepts:

-Acknowledging Self-Worth: Embracing compliments with gratitude and recognizing inner strengths.
- Positive Impact: Understanding the ripple effect of compliments and their nurturing nature.
- Overcoming Blocks: Identifying and releasing barriers to receiving compliments.
- Gratitude: Responding to compliments with grace and maintaining a gratitude journal.
- Constructive Feedback: Offering meaningful and constructive compliments to uplift others.
- Self-Appreciation: Complimenting and celebrating inner qualities and strengths.
- Reflection: Reflecting on insights gained from the compliment journey and self-worth exploration.

Daily Overview:

Day 1: Opening to Appreciation - Reflective Mirrors
- Focus: Acknowledging Self-Worth

Day 2: Art of Complimenting Others - Ripple Effect
- Focus: Positive Impact of Compliments

Day 3: Releasing Compliment Blocks - Free Flow
- Focus: Identifying and Releasing Blocks

Day 4: Gracious Responses - Gentle Waves
- Focus: Responding to Compliments

Day 5: Constructive Compliments - Nurturing Seeds
- Focus: Building Others Up

Day 6: Complimenting Inner Qualities - Deep Waters
- Focus: Acknowledging Inner Strengths

Day 7: Recap and Reflect - Reflective Pools
- Focus: Insights from the Compliment Journey

ELEMENT OF WATER



Weekly Topic: How to Receive Genuine Compliments and Give Them
Weekly Lens: Not Taking Things Personally

Day 1: Opening to Appreciation

Subtopic: Reflective Mirrors
Focus: Acknowledging Self-Worth

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Embrace compliments with gratitude.

Activity: Mirror Exercise
- Instructions:
1. Stand in front of a mirror in a comfortable and quiet space.
2. Look at yourself in the mirror and focus on your reflection.
3. Repeat positive affirmations or compliments to yourself, such as "I am worthy," "I am capable," or "I am loved."
4. Notice any resistance or discomfort that arises, and gently acknowledge and release those feelings.
5. Practice accepting and embracing compliments from yourself with gratitude and kindness.

Supplemental Materials:
-Book: "Living in the Moment: Don't Dwell on the Past or Worry About the Future" by Anna Black
-Movie/Docu: "Happy"
-Podcast: Sober is Dope!

ELEMENT OF WATER



Weekly Topic: How to Receive Genuine Compliments and Give Them
Weekly Lens: Not Taking Things Personally

Day 2: Art of Complimenting Others

Subtopic: Ripple Effect
Focus: Positive Impact of Compliments

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Spread positivity through compliments.

Activity: Compliment Ripple Challenge
- Instructions:
1. Throughout the day, make a conscious effort to compliment at least three people.
2. Focus on genuine and heartfelt compliments that highlight someone's strengths, achievements, or positive qualities.
3. Notice the reactions of the people you compliment and the positive impact it has on their mood and demeanor.
4. Reflect on the ripple effect of compliments, how they can uplift not only the recipient but also create a positive atmosphere for others.
5. Share your experiences and observations with the group or a trusted friend, discussing the power of compliments in spreading kindness and positivity.

Supplemental Materials:
-Book: "Living in the Moment: Don't Dwell on the Past or Worry About the Future" by Anna Black
-Movie/Docu: "Happy"
-Podcast: Sober is Dope!

ELEMENT OF WATER



Weekly Topic: How to Receive Genuine Compliments and Give Them
Weekly Lens: Not Taking Things Personally

Day 3: Releasing Compliment Blocks

Subtopic: Free Flow
Focus: Identifying and Releasing Blocks

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

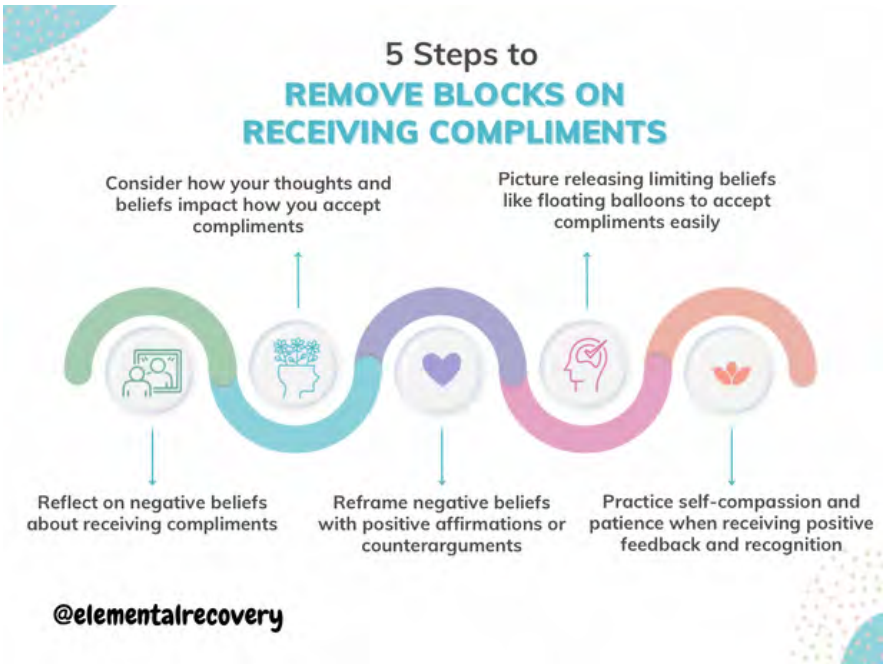
Exploring Triggers

- **Internal Triggers**: Internal triggers originate from within an individual and can include emotions, thoughts, or physical sensations. These triggers may manifest as feelings of anxiety, stress, or discomfort, influencing behavior and decision-making.
- **External Triggers**: External triggers stem from the environment and can include people, places, or things that prompt specific behaviors or emotional responses. These triggers may include certain individuals, environments, or sensory stimuli that evoke strong reactions.
-**Situational Triggers**: Situational triggers arise from specific circumstances or events and can influence behavior within a particular context. These triggers may occur in response to challenging situations, changes in routine, or unexpected events, prompting emotional or behavioral responses.

Daily Call to Action: Let go of barriers to receiving compliments.

ELEMENT OF WATER

Day 3: Releasing Compliment Blocks



Daily Call to Action: Let go of barriers to receiving compliments.
Activity: Compliment Block Release Exercise
- Instructions:
1. Take a few moments to reflect on any negative beliefs or self-doubts you may have regarding compliments.
2. Write down these thoughts and beliefs, acknowledging their presence and impact on your ability to receive compliments.
3. Challenge each negative belief by reframing it with a positive affirmation or counterargument.
4. Visualize yourself releasing these limiting beliefs like balloons floating away, freeing yourself to accept compliments with ease and openness.
5. Practice self-compassion and patience as you work to overcome compliment blocks, reminding yourself that it's okay to embrace positive feedback and recognition.

Supplemental Materials:
-Book: "Living in the Moment: Don't Dwell on the Past or Worry About the Future" by Anna Black
-Movie/Docu: "Happy"
-Podcast: Sober is Dope!

ELEMENT OF WATER



Weekly Topic: How to Receive Genuine Compliments and Give Them
Weekly Lens: Not Taking Things Personally

Day 4: Gracious Responses

Subtopic: Gentle Waves

Focus: Responding to Compliments

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Respond to compliments with grace.

Activity: Gratitude Journaling
- Instructions:
1. Start a gratitude journal or dedicate a section of your existing journal to recording compliments you receive.
2. Whenever you receive a compliment, take a moment to write it down along with your genuine feelings of gratitude and appreciation.
3. Reflect on the impact of the compliment and how it made you feel, focusing on the positive aspects highlighted by the giver.
4. Practice responding to compliments with grace and humility, expressing sincere thanks and acknowledging the effort or thoughtfulness behind the praise.
5. Review your gratitude journal regularly to reinforce a mindset of appreciation and to cultivate a habit of gracious responses to compliments.

Supplemental Materials:
-Book: "Living in the Moment: Don't Dwell on the Past or Worry About the Future" by Anna Black
-Movie/Docu: "Happy"
-Podcast: Sober is Dope!

ELEMENT OF WATER



Weekly Topic: How to Receive Genuine Compliments and Give Them
Weekly Lens: Not Taking Things Personally

Day 5: Constructive Compliments

Subtopic: Nurturing Seeds
Focus: Building Others Up

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Offer meaningful compliments.

Activity: Constructive Compliment Challenge
- Instructions:
1. Challenge yourself to give at least one constructive compliment to someone today.
2. Focus on specific qualities, actions, or achievements that you genuinely admire or appreciate in the person.
3. Offer your compliment in a sincere and genuine manner, emphasizing the positive impact of their behavior or attributes.
4. Notice how your compliment is received and the effect it has on the recipient's mood and confidence.
5. Reflect on the experience and consider incorporating more constructive compliments into your daily interactions to uplift and support others.

Supplemental Materials:
-Book: "Living in the Moment: Don't Dwell on the Past or Worry About the Future" by Anna Black
-Movie/Docu: "Happy"
-Podcast: Sober is Dope!

ELEMENT OF WATER



Weekly Topic: How to Receive Genuine Compliments and Give Them
Weekly Lens: Not Taking Things Personally

Day 6: Complimenting Inner Qualities

Subtopic: Deep Waters
Focus: Acknowledging Inner Strengths

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Recognize and compliment inner qualities.

Activity: Self-Appreciation Exercise
- Instructions:
1. Take time to reflect on your inner qualities and strengths, such as resilience, kindness, creativity, or determination.
2. Write down a list of these qualities, acknowledging and appreciating them for the positive impact they have on your life.
3. Choose one quality from your list and focus on it as you engage in a self-appreciation exercise.
4. Repeat affirmations or statements that highlight this quality, such as "I am resilient," "I am compassionate," or "I am worthy of love and respect."
5. Embrace the feelings of self-worth and empowerment that arise from acknowledging and appreciating your inner qualities.

Supplemental Materials:
-Book: "Living in the Moment: Don't Dwell on the Past or Worry About the Future" by Anna Black
-Movie/Docu: "Happy"
-Podcast: Sober is Dope!

ELEMENT OF WATER



Weekly Topic: How to Receive Genuine Compliments and Give Them
Weekly Lens: Not Taking Things Personally

Day 7: Recap and Reflect

Subtopic: Reflective Pools

Focus: Insights from the Compliment Journey

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Reflect on the week's exploration of compliments and self-worth.

Activity: Journal Reflection
- Instructions:
1. Take time to reflect on your experiences and insights from the week's exploration of compliments and self-worth.
2. Write in your journal about the compliments you received and how you responded to them, noting any patterns or insights that emerged.
3. Reflect on any challenges or breakthroughs you experienced in releasing compliment blocks and embracing self-appreciation.
4. Consider how your perspective on compliments and self-worth has evolved throughout the week, and identify any areas for further growth or exploration.
5. Set intentions for how you will continue to cultivate a mindset of appreciation and self-compassion in the days ahead.

Supplemental Materials:
-Book: "Living in the Moment: Don't Dwell on the Past or Worry About the Future" by Anna Black
-Movie/Docu: "Happy"
-Podcast: Sober is Dope!

ELEMENT OF WATER



Week 44: Water Element - Unveiling Wildest Dreams

Weekly Topic: If Money Was No Object, What Are Your Wildest Dreams?
Weekly Lens: Love

Summary: Week 44 focuses on nurturing dreams with love and abundance, exploring the emotional connection to dreams, sharing dreams with loved ones, aligning dreams with personal values, overcoming scarcity mindset, nurturing dreams with self-love, and reflecting on dreams with gratitude.

Key Concepts:
- Dream Exploration: Unveiling inner desires and exploring heartfelt dreams.
- Emotional Connection: Understanding the emotional significance of dreams and expressing love for them.
- Supportive Connections: Building supportive connections by sharing dreams with loved ones.
- Values Alignment: Ensuring dreams are aligned with personal values for authenticity.
- Abundance Mindset: Overcoming scarcity mindset and embracing abundance mentality.
- Self-Nurturing: Practicing self-love and self-care to nurture dreams.
- Gratitude: Reflecting on dreams with gratitude and appreciation.

Daily Overview:

Day 1: Imagining Abundance - Flowing Dreams
- Focus: Unveiling Inner Desires

Day 2: Emotional Connection to Dreams - Love's Ripple
- Focus: Heartfelt Desires

Day 3: Sharing Dreams with Loved Ones - Unity Waters
- Focus: Building Supportive Connections

Day 4: Aligning Dreams with Values - Clear Waters
- Focus: Identifying Core Values

Day 5: Overcoming Scarcity Mindset - Abundant Currents
- Focus: Mindset Shift

Day 6: Nurturing Dreams with Love - Fertile Grounds
- Focus: Self-Love and Dream Cultivation

Day 7: Reflection and Gratitude - Love's Reflection Pool
- Focus: Gratitude for Dreams

ELEMENT OF WATER



Weekly Topic: If Money Was No Object, What Are Your Wildest Dreams?
Weekly Lens: Love

Day 1: Imagining Abundance

Subtopic: Flowing Dreams
Focus: Unveiling Inner Desires

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Envision dreams without financial constraints.

Activity: Dream Visualization Exercise
- Instructions:
1. Find a comfortable and quiet space where you can relax without distractions.
2. Close your eyes and take several deep breaths to center yourself.
3. Visualize your dreams and aspirations as if they have already come to fruition, focusing on the details and emotions associated with achieving them.
4. Imagine yourself living abundantly, enjoying the fulfillment of your desires without any limitations or obstacles.
5. Embrace the feelings of joy, gratitude, and contentment that arise from experiencing your dreams manifesting in your imagination.

Supplemental Materials:
-Book: "The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day" by Andy Puddicombe
-Movie/Docu: "Mind/Game: The Unquiet Journey of Chamique Holdsclaw"
-Podcast: Lifeboat Addiction Recovery Cast

ELEMENT OF WATER

Day 1: Imagining Abundance
Subtopic: Flowing Dreams
Focus: Unveiling Inner Desires



ELEMENT OF WATER



Weekly Topic: If Money Was No Object, What Are Your Wildest Dreams?
Weekly Lens: Love

Day 2: Emotional Connection to Dreams

Subtopic: Love's Ripple
Focus: Heartfelt Desires

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Utilizing Healing Communication to Navigate Triggers

In healing communication, it's crucial to recognize that effective interpersonal interactions are built on a foundation of understanding, empathy, and respect. By employing strategies that prioritize these elements, individuals can cultivate healthy and supportive relationships. Here's a closer look at each key practice for effective communication:

1. Seek common ground: When engaging in communication, actively look for shared experiences, beliefs, or values that serve as points of connection. By finding common ground, you can establish rapport and foster a sense of mutual understanding and respect.

2. Utilize "People First" language: It's essential to acknowledge individuals beyond their diagnosis or labels. Using "People First" language emphasizes the person's humanity and dignity before any condition or characteristic. This approach promotes empathy and reduces stigma, creating a more inclusive and respectful communication environment.

3. Use "I" statements with feelings words: Expressing personal experiences and emotions using "I" statements can enhance communication clarity and authenticity. By focusing on your own feelings and experiences without attributing blame or judgment, you create space for open and honest dialogue while fostering empathy and understanding.

ELEMENT OF WATER



Day 2: Emotional Connection to Dreams
Subtopic: Love's Ripple
Focus: Heartfelt Desires

Daily Call to Action: Express love for your dreams in a heartfelt letter.

Activity: Love Letter to Dreams
- Instructions:
1. Sit down with pen and paper or open a document on your computer.
2. Address your dreams as if you're writing a letter to a beloved friend.
3. Pour your heart out onto the page, expressing your deepest feelings of love, appreciation, and commitment to your dreams.
4. Describe the significance of your dreams in your life and how they bring meaning, purpose, and joy to your journey.
5. Seal your letter with gratitude and affection, knowing that your words carry the power to nurture and manifest your dreams into reality.

Supplemental Materials:
-Book: "The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day" by Andy Puddicombe
-Movie/Docu: "Mind/Game: The Unquiet Journey of Chamique Holdsclaw"
-Podcast: Lifeboat Addiction Recovery Cast

ELEMENT OF WATER



Weekly Topic: If Money Was No Object, What Are Your Wildest Dreams?
Weekly Lens: Love

Day 3: Sharing Dreams with Loved Ones

Subtopic: Unity Waters
Focus: Building Supportive Connections

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Discuss dreams with loved ones.

Activity: Dream Sharing Circle
- Instructions:
1. Gather with loved ones in a comfortable and supportive environment.
2. Take turns sharing your dreams and aspirations with the group, speaking from the heart and expressing your deepest desires.
3. Listen attentively to each person's dreams, offering encouragement, support, and validation.
4. Share your own insights, experiences, and resources that may help others on their journey toward realizing their dreams.
5. End the session with a collective expression of gratitude for the opportunity to connect, inspire, and uplift one another through the sharing of dreams.

Supplemental Materials:
-Book: "The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day" by Andy Puddicombe
-Movie/Docu: "Mind/Game: The Unquiet Journey of Chamique Holdsclaw"
-Podcast: Lifeboat Addiction Recovery Cast

ELEMENT OF WATER



Weekly Topic: If Money Was No Object, What Are Your Wildest Dreams?
Weekly Lens: Love

Day 4: Aligning Dreams with Values

Subtopic: Clear Waters
Focus: Identifying Core Values

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Ensure dreams align with personal values.

Activity: Values and Dreams Alignment
- Instructions:
1. Reflect on your core values, those principles and beliefs that are most important to you and guide your decisions and actions.
2. Write down your dreams and aspirations, considering how they align with or may conflict with your values.
3. Evaluate each dream in light of your values, assessing whether pursuing it would bring you closer to living in alignment with your authentic self.
4. Make any necessary adjustments or modifications to your dreams to ensure they are congruent with your values and principles.
5. Commit to honoring and upholding your values as you pursue your dreams, knowing that true fulfillment comes from living in integrity with who you are.

Supplemental Materials:
-Book: "The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day" by Andy Puddicombe
-Movie/Docu: "Mind/Game: The Unquiet Journey of Chamique Holdsclaw"
-Podcast: Lifeboat Addiction Recovery Cast

ELEMENT OF WATER



Weekly Topic: If Money Was No Object, What Are Your Wildest Dreams?
Weekly Lens: Love

Day 5: Overcoming Scarcity Mindset

Subtopic: Abundant Currents
Focus: Mindset Shift

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Embrace an abundance mindset.

Activity: Abundance Meditation
- Instructions:
1. Find a comfortable and quiet space where you can sit or lie down without distractions.
2. Close your eyes and take several deep breaths to relax your body and calm your mind.
3. Visualize yourself surrounded by abundance in all areas of your life, including love, health, wealth, and happiness.
4. Repeat affirmations or mantras that affirm your belief in abundance, such as "I am worthy of abundance," "I attract abundance effortlessly," or "I live in a world of limitless possibilities."
5. Allow yourself to feel a sense of gratitude and contentment as you bask in the abundance that surrounds you, knowing that you are deserving and worthy of all the blessings life has to offer.

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-Movie/Docu: "Mind/Game: The Unquiet Journey of Chamique Holdsclaw"
-Podcast: Lifeboat Addiction Recovery Cast

ELEMENT OF WATER



Weekly Topic: If Money Was No Object, What Are Your Wildest Dreams?
Weekly Lens: Love

Day 6: Nurturing Dreams with Love

Subtopic: Fertile Grounds
Focus: Self-Love and Dream Cultivation

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Practice self-love to nurture dreams.

Activity: Self-Care Practice
- Instructions:
1. Set aside dedicated time for self-care, prioritizing activities that nourish your body, mind, and soul.
2. Choose activities that resonate with you and bring you joy, whether it's taking a bubble bath, going for a nature walk, practicing yoga, or indulging in a favorite hobby.
3. Approach self-care with an attitude of love and kindness toward yourself, recognizing your worthiness and deservingness of care and nurturing.
4. Focus on being present in the moment, fully immersing yourself in the experience and savoring the sensations of relaxation and rejuvenation.
5. Commit to making self-care a regular practice, honoring your needs and prioritizing your well-being as you nurture your dreams with love and compassion.

Supplemental Materials:
-Book: "The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day" by Andy Puddicombe
-Movie/Docu: "Mind/Game: The Unquiet Journey of Chamique Holdsclaw"
-Podcast: Lifeboat Addiction Recovery Cast

ELEMENT OF WATER



Weekly Topic: If Money Was No Object, What Are Your Wildest Dreams?
Weekly Lens: Love

Day 7: Reflection and Gratitude

Subtopic: Love's Reflection Pool
Focus: Gratitude for Dreams

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Reflect on dreams with gratitude.

Activity: Gratitude Journaling
- Instructions:
1. Set aside time for quiet reflection and introspection, preferably in a peaceful and serene environment.
2. Open your gratitude journal or a blank notebook and pen, ready to record your thoughts and feelings.
3. Reflect on the dreams and aspirations you explored throughout the week, considering the blessings and opportunities they bring into your life.
4. Write down three things you are grateful for related to your dreams, acknowledging the progress you've made, the lessons you've learned, and the support you've received.
5. Close your journal with a sense of gratitude and appreciation, knowing that each dream is a gift that enriches your life and brings you closer to fulfillment and happiness.

Supplemental Materials:
-Book: "The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day" by Andy Puddicombe
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-Podcast: Lifeboat Addiction Recovery Cast

ELEMENT OF WATER



Week 45: Clear Planning Forward

Weekly Topic: Clear Planning Forward - Next Steps for Dreams
Weekly Lens: Clarity

Summary: Week 45 focuses on navigating dreams with clarity and strategy, emphasizing goal clarity, strategizing dreams, overcoming obstacles, time management for dreams, setting milestones, aligning actions with dreams, and reflecting on progress.

Key Concepts:
- Goal Setting: Defining clear and achievable goals for dreams.
- Strategic Planning: Creating strategic roadmaps and addressing challenges.
- Time Management: Efficiently allocating time and setting milestones.
- Action Alignment: Ensuring actions reflect aspirations and align with dreams.
- Progress Reflection: Reflecting on achievements and evaluating progress.

Daily Overview:
Day 1: Goal Clarity - Navigating the Waters of Ambition
- Focus: Defining Clear Goals

Day 2: Strategizing Dreams - Mapping the Dream Terrain
- Focus: Creating Dream Roadmaps

Day 3: Overcoming Obstacles - Clearing the Path
- Focus: Identifying and Addressing Challenges

Day 4: Time Management for Dreams - Flowing with Time
- Focus: Efficient Time Allocation

Day 5: Setting Milestones - Navigating the Dream Currents
- Focus: Milestone Identification

Day 6: Aligning Actions with Dreams - Harmonizing Waves
- Focus: Actions Reflecting Aspirations

Day 7: Reflecting on Progress - Clear Waters of Achievement
- Focus: Progress Evaluation

ELEMENT OF WATER



Weekly Topic: Clear Planning Forward - Next Steps for Dreams
Weekly Lens: Clarity

Day 1: Goal Clarity

Subtopic: Navigating Ambition's Waters
Focus: Defining Clear Goals

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Define clear and achievable goals.

Activity: Goal Setting Workshop
- Instructions:
1. Begin by reflecting on your long-term aspirations and desires.
2. Break down these aspirations into specific, measurable, achievable, relevant, and time-bound (SMART) goals.
3. Write down each goal, ensuring clarity and specificity in what you aim to achieve.
4. Prioritize these goals based on their importance and relevance to your overall vision.
5. Create an action plan for each goal, outlining the steps you need to take to accomplish them and setting deadlines for each milestone.

Supplemental Materials:
-Book: “The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "The Zen Diaries of Garry Shandling"
-Podcast: Get In The Herd Podcast

ELEMENT OF WATER



Day 1: Goal Clarity
Subtopic: Navigating Ambition's Waters
Focus: Defining Clear Goals

Continued Exploration of Communication to Reduce Triggers

4. Communicate clearly and avoid jargon: Clear communication is essential for promoting active listening and mutual understanding. Avoiding technical or complex language ensures that everyone involved can comprehend the message effectively. By prioritizing clarity and simplicity, you create an inclusive communication environment where everyone feels valued and understood.

5. Make eye contact: Eye contact is a powerful nonverbal cue that conveys attentiveness, respect, and engagement. By maintaining eye contact during conversations, you demonstrate your willingness to listen and connect with others on a deeper level. This simple yet impactful gesture can strengthen interpersonal bonds and promote trust and rapport.

6. Assume the best intentions: Cultivating empathy involves assuming that others are doing the best they can given their circumstances. By adopting this mindset, you acknowledge the complexity of human experiences and extend understanding and compassion to others. This approach fosters empathy, reduces conflict, and promotes a supportive communication environment.

7. Listen actively and consider diverse perspectives: Effective communication involves listening to all perspectives with an open mind and genuine curiosity. By actively listening to others' viewpoints and considering diverse interests, you demonstrate respect and empathy while fostering collaboration and cooperation. This inclusive approach promotes positive outcomes and strengthens relationships.

By embracing these strategies in communication, individuals can create an environment characterized by empathy, understanding, and cooperation. This not only nurtures supportive relationships but also contributes to a culture of inclusivity and mutual respect in both personal and professional settings.

ELEMENT OF WATER



Weekly Topic: Clear Planning Forward - Next Steps for Dreams
Weekly Lens: Clarity

Day 2: Navigating the Waters of Dream Fulfillment

Subtopic: Charting Your Dream Course
Focus: Strategic Dream Navigation

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Chart a strategic course for dream realization.

Activity: Dream Navigation Exercise
- Instructions:
1. Begin by immersing yourself in a state of calm and clarity, connecting with the fluid energy of water.
2. Visualize your ultimate dream or aspiration, allowing it to take shape in your mind's eye.
3. Break down this dream into smaller, manageable components, like tributaries leading to a larger river.
4. Create a visual map or diagram that illustrates these components and their interconnectedness, resembling a navigational chart.
5. Reflect on potential obstacles or challenges that may arise along your dream journey, acknowledging them as natural elements of the flowing river.
6. Brainstorm strategies and resources to overcome these obstacles, envisioning them as tools to navigate the waters and stay on course toward achieving your dream.
7. Embrace the fluidity of the process, knowing that like water, your dreams can adapt and flow around any obstacles encountered along the way.

Supplemental Materials:
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-Podcast: Get In The Herd Podcast

ELEMENT OF WATER

Day 2: Navigating the Waters of Dream Fulfillment
Subtopic: Charting Your Dream Course
Focus: Strategic Dream Navigation



ELEMENT OF WATER



Weekly Topic: Clear Planning Forward - Next Steps for Dreams
Weekly Lens: Clarity

Day 3: Overcoming Obstacles

Subtopic: Clearing the Path
Focus: Identifying and Addressing Challenges

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Identify and address dream challenges.

Activity: Obstacle Reflection
- Instructions:
1. Reflect on potential obstacles or challenges that may hinder your progress toward your goals.
2. Write down each obstacle, acknowledging its existence and potential impact on your journey.
3. Brainstorm possible solutions or strategies to overcome each obstacle.
4. Prioritize these solutions based on their feasibility and effectiveness.
5. Develop a contingency plan for handling unexpected challenges that may arise.

Supplemental Materials:
-Book: “The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "The Zen Diaries of Garry Shandling"
-Podcast: Get In The Herd Podcast

ELEMENT OF WATER



Weekly Topic: Clear Planning Forward - Next Steps for Dreams
Weekly Lens: Clarity

Day 4: Time Management for Dreams

Subtopic: Flowing with Time
Focus: Efficient Time Allocation

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Develop effective time management strategies.

Activity: Time Blocking Exercise
- Instructions:
1. Divide your day into blocks of time, allocating specific periods for different activities or tasks related to your goals.
2. Prioritize your tasks based on their urgency and importance, assigning more time to high-priority activities.
3. Schedule regular breaks and periods of rest to prevent burnout and maintain productivity.
4. Review and adjust your time blocks as needed to accommodate unexpected events or changes in priorities.
5. Stay disciplined and committed to following your schedule, adjusting it as necessary to optimize your productivity and progress toward your goals.

Supplemental Materials:
-Book: “The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "The Zen Diaries of Garry Shandling"
-Podcast: Get In The Herd Podcast

ELEMENT OF WATER



Weekly Topic: Clear Planning Forward - Next Steps for Dreams
Weekly Lens: Clarity

Day 5: Setting Milestones

Subtopic: Navigating the Dream Currents
Focus: Milestone Identification

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Set achievable milestones for dreams.

Activity: Milestone Planning
- Instructions:
1. Break down each of your goals into smaller, actionable milestones or checkpoints.
2. Assign deadlines to each milestone, ensuring they are realistic and achievable within the given timeframe.
3. Create a visual representation of your milestones, such as a timeline or progress chart, to track your progress over time.
4. Celebrate each milestone as you achieve it, acknowledging the progress you've made toward your larger goals.
5. Review and revise your milestones as needed, adapting them to reflect changes in your priorities or circumstances.

Supplemental Materials:
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-Movie/Docu: "The Zen Diaries of Garry Shandling"
-Podcast: Get In The Herd Podcast

ELEMENT OF WATER



Weekly Topic: Clear Planning Forward - Next Steps for Dreams
Weekly Lens: Clarity

Day 6: Aligning Actions with Dreams

Subtopic: Harmonizing Waves
Focus: Actions Reflecting Aspirations

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Ensure actions align with dreams.

Activity: Action Alignment Exercise
- Instructions:
1. Review your goals and action plan, ensuring each action is aligned with your overarching aspirations.
2. Identify any actions or behaviors that may be incongruent with your goals or values.
3. Brainstorm alternative actions or adjustments that would better align with your dreams and aspirations.
4. Commit to implementing these changes and aligning your actions with your long-term vision for success.
5. Regularly review and reassess your actions to ensure they remain aligned with your goals and values as you progress on your journey.

Supplemental Materials:
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-Movie/Docu: "The Zen Diaries of Garry Shandling"
-Podcast: Get In The Herd Podcast

ELEMENT OF WATER



Weekly Topic: Clear Planning Forward - Next Steps for Dreams
Weekly Lens: Clarity

Day 7: Reflecting on Progress

Subtopic: Clear Waters of Achievement
Focus: Progress Evaluation

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Reflect on achievements and progress.

Activity: Reflective Journaling
- Instructions:
1. Set aside time for quiet reflection and introspection, preferably in a peaceful and serene environment.
2. Open your reflective journal or a blank notebook and pen, ready to record your thoughts and feelings.
3. Reflect on the progress you've made toward your goals since the beginning of the week, acknowledging your achievements and milestones.
4. Consider any challenges or obstacles you encountered along the way and how you addressed them.
5. Write down your insights, lessons learned, and action steps you plan to take moving forward to continue making progress toward your dreams.

Supplemental Materials:
-Book: “The Untethered Soul: The Journey Beyond Yourself" by Michael A. Singer
-Movie/Docu: "The Zen Diaries of Garry Shandling"
-Podcast: Get In The Herd Podcast

ELEMENT OF WATER



Week 46: Water Element - Navigating "No" with Commitment

Weekly Topic: Navigating "No" with Commitment
Weekly Lens: Commitment

Summary: Week 46 focuses on navigating rejection with resilience and growth, emphasizing embracing rejection, learning from setbacks, cultivating persistence, reframing "no" as opportunity, maintaining vision despite setbacks, turning rejection into motivation, and celebrating resilience.

Key Concepts:
- Embracing Rejection: Shifting perspectives on rejection as a stepping stone for growth.
- Learning from Setbacks: Extracting valuable lessons and wisdom from setbacks.
- Cultivating Persistence: Building resilience and commitment in the face of challenges.
- Reframing "No" as Opportunity: Identifying opportunities for growth and transformation in rejection.
- Maintaining Vision: Clarifying and holding onto one's vision despite obstacles.
- Turning Rejection into Motivation: Using rejection as fuel for renewed determination and drive.

Daily Overview:
Day 1: Embracing Rejection - A Stepping Stone, Not a Stop Sign
- Focus: Shifting Perspective on "No"
Day 2: Learning from Setbacks - Waves of Wisdom
- Focus: Extracting Lessons from "No"
Day 3: Cultivating Persistence - Nurturing the Seed of Commitment
- Focus: Building Persistence in the Face of "No"
Day 4: Reframing "No" as Opportunity - Ripples of Transformation
- Focus: Positive Reframing Exercise
Day 5: Maintaining Vision Despite Setbacks - Clear Horizons Beyond "No"
- Focus: Vision Clarity Exercise
Day 6: Turning Rejection into Motivation - Flowing Against the Tide
- Focus: Motivation Resurgence Exercise
Day 7: Celebrating Resilience - Waves of Resilient Commitment
- Focus: Acknowledging Resilience

ELEMENT OF WATER



Weekly Topic: Navigating "No" with Commitment
Weekly Lens: Commitment

Day 1: Embracing Rejection

Subtopic: A Stepping Stone, Not a Stop Sign
Focus: Shifting Perspective on "No"

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

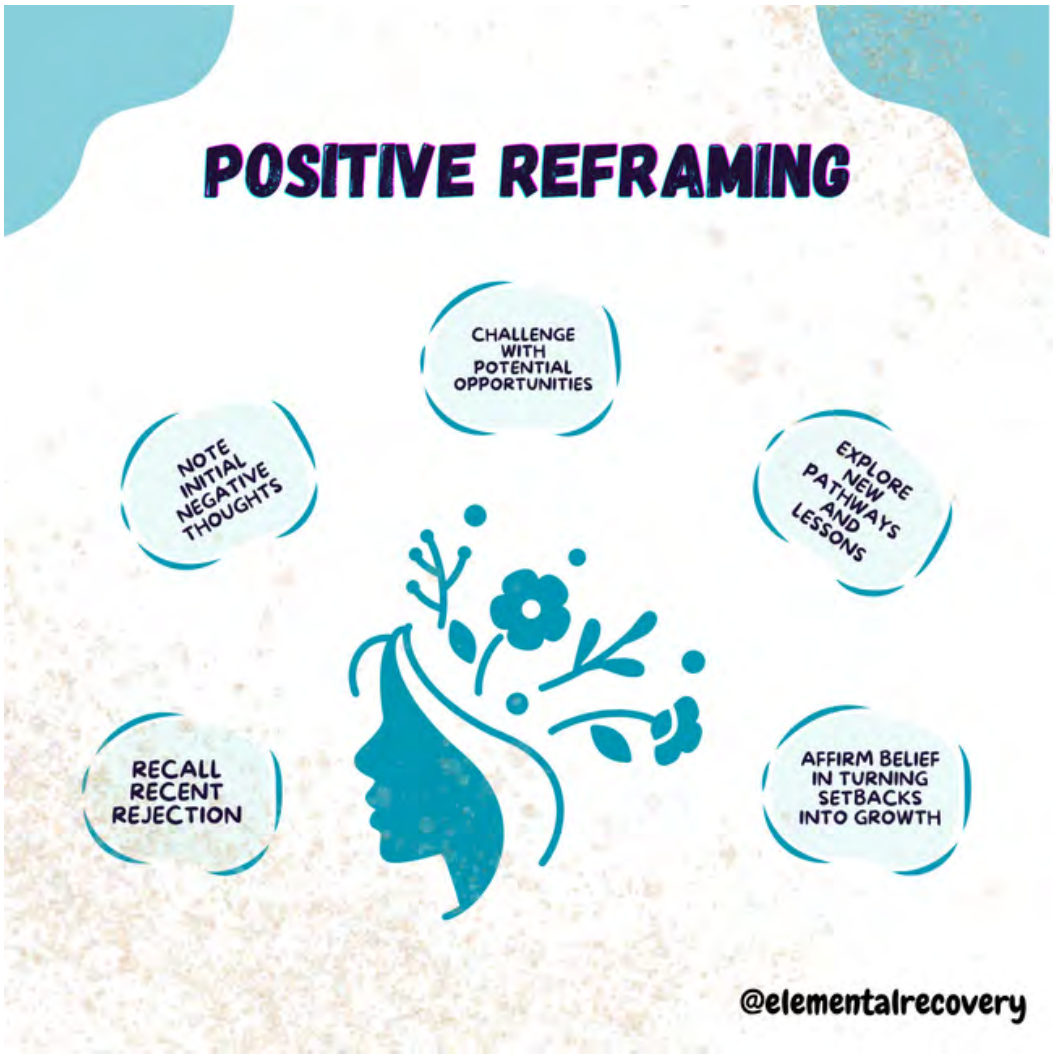
Daily Call to Action: View rejection as a stepping stone, not a roadblock.

Activity: Rejection Resilience Exercise
- Instructions:
1. Reflect on a recent experience of rejection or disappointment.
2. Write down how it made you feel and any initial reactions you had.
3. Consider alternative perspectives on rejection, such as seeing it as an opportunity for growth or redirection.
4. Write down three positive aspects or potential outcomes that could arise from the rejection.
5. Commit to reframing your mindset about rejection and embracing it as a natural part of the journey toward success.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Crazywise"
-Podcast: The Addicted Mind Podcast

ELEMENT OF WATER

Day 1: Embracing Rejection
Subtopic: A Stepping Stone, Not a Stop Sign
Focus: Shifting Perspective on "No"



ELEMENT OF WATER



Weekly Topic: Navigating "No" with Commitment
Weekly Lens: Commitment

Day 2: Learning from Setbacks

Subtopic: Waves of Wisdom
Focus: Extracting Lessons from "No"

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: xtract lessons from setbacks.

Activity: Setback Reflection
- Instructions:
1. Reflect on a recent setback or rejection you've experienced.
2. Write down the specific circumstances surrounding the setback and how it affected your goals or plans.
3. Identify any lessons or insights you can glean from the experience, such as areas for improvement or opportunities for growth.
4. Consider how you can apply these lessons to future endeavors to avoid similar setbacks.
5. Commit to viewing setbacks as opportunities for learning and development rather than obstacles to success.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Crazywise"
-Podcast: The Addicted Mind Podcast

ELEMENT OF WATER



Day 2: Learning from Setbacks
Subtopic: Waves of Wisdom
Focus: Extracting Lessons from "No"

Introduction to Why Self Help Works: Exploring the Reasons 1-3

Self-help programs designed for individuals diagnosed with mental illness or substance use disorders play a crucial role in the journey towards symptom reduction and personal empowerment. Supported by research conducted by the OMH NYS Bureau of Evaluation & Service Rewards, self-help initiatives offer a multitude of benefits that contribute to individuals' overall well-being. Here are five compelling reasons why self-help is an effective approach:

1. Building Social Connections: Individuals receiving behavioral health services often face social isolation due to the stigma and discrimination associated with their conditions. Self-help groups provide a valuable social network where participants share common experiences, fostering a sense of belonging and understanding among members.

2. Shifting Roles: Engaging in self-help allows individuals to transition from being solely recipients of assistance to becoming active helpers within their communities. This shift from being always helped to offering support not only enhances self-esteem and self-concept but also reduces feelings of helplessness and anxiety.

3. Sharing Coping Strategies: Self-help groups offer a platform for members to exchange practical coping mechanisms based on their lived experiences. By sharing specific ways of coping, individuals can learn from each other and develop new skills for managing challenges.

ELEMENT OF WATER



Weekly Topic: Navigating "No" with Commitment
Weekly Lens: Commitment

Day 3: Cultivating Persistence

Subtopic: Nurturing the Seed of Commitment
Focus: Building Persistence in the Face of "No"

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Cultivate persistence in the face of challenges.

Activity: Persistence Building Exercise
- Instructions:
1. Reflect on a goal or aspiration that you've encountered resistance or obstacles in pursuing.
2. Identify three specific actions or strategies you can implement to overcome these challenges and continue progressing toward your goal.
3. Write down how you will stay committed and motivated despite setbacks or rejection.
4. Visualize yourself overcoming obstacles and achieving success, reinforcing your determination to persist.
5. Commit to taking consistent action and persevering in the face of adversity.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Crazywise"
-Podcast: The Addicted Mind Podcast

ELEMENT OF WATER



Weekly Topic: Navigating "No" with Commitment
Weekly Lens: Commitment

Day 4: Reframing "No" as Opportunity

Subtopic: Ripples of Transformation
Focus: Positive Reframing Exercise

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Reframe "No" as a gateway to new opportunities.

Activity: Positive Reframing Exercise
- Instructions:
1. Reflect on a recent instance where you received a "no" or faced rejection.
2. Write down the initial negative thoughts or emotions you experienced in response to the rejection.
3. Challenge these negative thoughts by identifying potential opportunities or silver linings hidden within the rejection.
4. Consider how the rejection could lead to new pathways, lessons learned, or unexpected blessings.
5. Reaffirm your belief in your ability to turn setbacks into opportunities for growth and transformation.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Crazywise"
-Podcast: The Addicted Mind Podcast

ELEMENT OF WATER



Weekly Topic: Navigating "No" with Commitment
Weekly Lens: Commitment

Day 5: Maintaining Vision Despite Setbacks

Subtopic: Clear Horizons Beyond "No"
Focus: Vision Clarity Exercise

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Maintain a clear vision beyond setbacks.

Activity: Vision Clarity Exercise
- Instructions:
1. Reflect on your long-term vision or ultimate goals, considering what you aspire to achieve in the future.
2. Write down your vision in vivid detail, including specific outcomes, milestones, and the impact you hope to make.
3. Visualize yourself achieving your goals despite any setbacks or obstacles you may encounter along the way.
4. Reaffirm your commitment to your vision, focusing on the clarity and purpose it provides in guiding your actions.
5. Commit to taking consistent steps toward your vision, staying resilient in the face of challenges and setbacks.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Crazywise"
-Podcast: The Addicted Mind Podcast

ELEMENT OF WATER



Weekly Topic: Navigating "No" with Commitment
Weekly Lens: Commitment

Day 6: Turning Rejection into Motivation

Subtopic: Flowing Against the Tide
Focus: Motivation Resurgence Exercise

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Transform rejection into motivation.

Activity: Motivation Resurgence Exercise
- Instructions:
1. Reflect on a recent experience of rejection or setback that left you feeling discouraged or demotivated.
2. Write down the reasons why you were initially motivated to pursue your goals or aspirations.
3. Identify any areas where your motivation may have waned or faltered in the face of rejection.
4. Brainstorm ways to reignite your motivation and enthusiasm for your goals, focusing on the positive aspects of your vision and the potential impact of your actions.
5. Commit to taking inspired action and channeling the energy of rejection into renewed determination and passion for your dreams.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Crazywise"
-Podcast: The Addicted Mind Podcast

ELEMENT OF WATER



Weekly Topic: Navigating "No" with Commitment
Weekly Lens: Commitment

Day 7: Celebrating Resilience

Subtopic: Waves of Resilient Commitment
Focus: Acknowledging Resilience

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Celebrate and acknowledge your resilient commitment.

Activity: Resilience Celebration
- Instructions:
1. Reflect on the challenges and setbacks you've overcome throughout the week.
2. Acknowledge and celebrate your resilience in the face of adversity, recognizing the strength and perseverance you've demonstrated.
3. Write down three specific examples of times when you displayed resilience and determination in pursuing your goals.
4. Take a moment to express gratitude for your resilience and the lessons learned from overcoming obstacles.
5. Commit to continuing to cultivate and strengthen your resilience in the pursuit of your dreams, knowing that you have the inner resources to overcome any challenges that may arise.

Supplemental Materials:
-Book: "Peace Is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh
-Movie/Docu: "Crazywise"
-Podcast: The Addicted Mind Podcast

ELEMENT OF WATER



Week 47: Facilitating Dream Clarity in Others

Weekly Topic: Facilitating Dream Clarity in Others
Weekly Lens: Communication

Summary: Week 47 is dedicated to cultivating supportive relationships and nurturing the dreams of others. Each day focuses on different aspects of supporting and empowering others in their aspirations, including active listening, asking empowering questions, reflective mirroring, providing constructive feedback, encouraging articulation, fostering safe spaces, and celebrating others' dreams.

Key Concepts:
- Listening and Empathy: Developing active listening skills and empathy to understand others' dreams.
- Empowerment through Questions: Using empowering questions to unlock possibilities and encourage exploration.
- Reflective Mirroring: Echoing others' aspirations to help them gain clarity and insight.
- Constructive Feedback: Providing helpful feedback to refine and polish others' visions.
- Verbal Expression: Encouraging articulate expression to empower individuals in vocalizing their dreams.
- Safe and Supportive Environments: Creating spaces where individuals feel safe to explore and nurture their dreams.
- Celebration and Encouragement: Celebrating the dreams and achievements of others to foster a culture of support and encouragement.

Daily Overview:
Day 1: The Power of Listening - Nurturing Others' Dreams
Day 2: Asking Empowering Questions - Unlocking Possibilities
Day 3: Reflective Mirroring - Echoing Dreams into Clarity
Day 4: Providing Constructive Feedback - Polishing Visions
Day 5: Encouraging Articulation - Empowering Verbal Expression
Day 6: Fostering Safe Spaces - Nurturing Dream Exploration
Day 7: Celebrating Others' Dreams - A Symphony of Shared Aspirations

ELEMENT OF WATER



Weekly Topic: Facilitating Dream Clarity in Others
Weekly Lens: Communication

Day 1: The Power of Listening

Subtopic: Nurturing Others' Dreams
Focus: Active Listening Skills

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Nurture others by listening to their dreams.

Activity: Practice Active Listening
- Instructions:
1. Pair up with a partner or group.
2. One person shares their dreams or aspirations while the other practices active listening.
3. Practice techniques such as maintaining eye contact, nodding to show understanding, and summarizing key points.
4. After the listener has heard the speaker's dreams, switch roles.
5. Reflect on the experience and discuss any insights gained from actively listening to each other's dreams.

Supplemental Materials:
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "Running from Crazy"
-Podcast:Our Real Life | Stories about addiction and recovery

ELEMENT OF WATER



Weekly Topic: Facilitating Dream Clarity in Others
Weekly Lens: Communication

Day 2: Asking Empowering Questions

Subtopic: Unlocking Possibilities
Focus: Questioning Techniques

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Encourage others to explore possibilities.

Activity: Develop Empowering Questions
- Instructions:
1. Reflect on a dream or goal that someone has shared with you.
2. Brainstorm a list of open-ended questions that could help the individual explore different aspects of their dream.
3. Focus on questions that encourage deeper reflection, such as "What inspired you to pursue this dream?" or "What steps have you taken so far?"
4. Share your list of empowering questions with the group and discuss which questions resonate most.
5. Encourage each other to use these questions in conversations with others to unlock possibilities and facilitate deeper exploration of dreams.

Supplemental Materials:
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "Running from Crazy"
-Podcast:Our Real Life | Stories about addiction and recovery

ELEMENT OF WATER

Day 2: Asking Empowering Questions
Subtopic: Unlocking Possibilities
Focus: Questioning Techniques



ELEMENT OF WATER



Weekly Topic: Facilitating Dream Clarity in Others
Weekly Lens: Communication

Day 3: Reflective Mirroring

Subtopic: Echoing Dreams into Clarity
Focus: Reflective Listening Exercise

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Use reflective mirroring for clarity.

Activity: Reflective Listening Exercise
- Instructions:
1. Sit in pairs or small groups.
2. One person shares a dream or aspiration while the other listens attentively.
3. After the speaker has finished sharing, the listener reflects back what they heard, paraphrasing the main points and emotions expressed.
4. The speaker confirms whether the reflection accurately captures their thoughts and feelings or provides further clarification.
5. Switch roles and repeat the exercise, allowing each person to experience both sharing and reflective listening.

If you are working individually, you can utilize this activity to reflect in your journal space.

Supplemental Materials:
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "Running from Crazy"
-Podcast:Our Real Life | Stories about addiction and recovery

ELEMENT OF WATER



Weekly Topic: Facilitating Dream Clarity in Others
Weekly Lens: Communication

Day 4: Refining Your Vision

Subtopic: Navigating the Waters of Improvement
Focus: Providing Constructive Self-Feedback Techniques

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Enhance your vision through self-assessment.
- Instructions:
1. Set aside dedicated time and find a quiet, comfortable space for self-reflection.
2. Take a moment to visualize and articulate your dreams or visions, focusing on your aspirations and goals.
3. Analyze your vision critically, identifying areas where improvement or refinement is needed, such as clarity, feasibility, and alignment with values.
4. Offer yourself constructive feedback in a respectful and empathetic manner, providing specific suggestions and actionable insights to refine your vision.
5. Encourage open dialogue with yourself, allowing for honest self-assessment and exploration of potential adjustments.
6. Take proactive steps to implement the feedback and refine your vision, incorporating the insights gained from your self-reflection.
7. Conclude the exercise with gratitude for the opportunity to enhance your vision and a renewed sense of clarity and direction in pursuing your dreams..

Supplemental Materials:
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "Running from Crazy"
-Podcast:Our Real Life | Stories about addiction and recovery

ELEMENT OF WATER



Day 4: Refining Your Vision
Subtopic: Navigating the Waters of Improvement
Focus: Providing Constructive Self-Feedback Techniques

Why Self Help Works: Exploring Reasons 4&5

4. Role Modeling: Within self-help communities, individuals who have successfully coped with their conditions serve as inspiring role models for others who may be struggling. These role models offer hope, guidance, and encouragement to those who are navigating similar experiences.

5. Self-Generated Structure: Self-help groups provide a meaningful structure for participants, one that is not imposed from external sources but rather self-generated by the members themselves. This self-directed approach fosters empowerment and autonomy, allowing individuals to take ownership of their recovery journey.

By harnessing these five key elements, self-help initiatives empower individuals to take control of their lives, build supportive relationships, and develop effective coping strategies for managing their mental health and well-being.

ELEMENT OF WATER



Weekly Topic: Facilitating Dream Clarity in Others
Weekly Lens: Communication

Day 5: Encouraging Articulation

Subtopic: Empowering Verbal Expression
Focus: Verbal Expression Exercises

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Social Sharing of Dreams
Instructions:
1. Reach out to someone in your social network who you trust and feel comfortable sharing with.
2. Arrange a time to connect, either in person or virtually, where you can have a private conversation.
3. Share with them about your dream or experience in the Elemental Recovery program, focusing on what it means to you and how it has impacted your life.
4. Practice articulating your thoughts and feelings clearly and confidently, using concise language to convey your message.
5. Listen attentively to their responses and reactions, welcoming their feedback and support.
6. Engage in open dialogue, allowing space for questions, reflections, and further discussion about your dream or experience.
7. Express gratitude for their time and support, acknowledging the value of their presence in your journey.

Supplemental Materials:
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "Running from Crazy"
-Podcast:Our Real Life | Stories about addiction and recovery

ELEMENT OF WATER



Weekly Topic: Facilitating Dream Clarity in Others
Weekly Lens: Communication

Day 6: Fostering Safe Spaces
Subtopic: Nurturing Dream Exploration
Focus: Safe Environment Creation

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Foster environments where dreams can flourish.

Activity: Establish Safe Spaces for Dream Exploration
- Instructions:
1. Create a physical or virtual space conducive to open and honest dialogue.
2. Establish ground rules for respectful communication and confidentiality to ensure all participants feel safe sharing their dreams.
3. Facilitate a guided meditation or relaxation exercise to create a sense

of calm and openness within the space.
4. Invite participants to share their dreams, aspirations, or challenges without fear of judgment or criticism.
5. Encourage active listening, empathy, and support as each person shares their journey and explores their dreams within the nurturing environment.

Supplemental Materials:
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "Running from Crazy"
-Podcast:Our Real Life | Stories about addiction and recovery

ELEMENT OF WATER



Weekly Topic: Facilitating Dream Clarity in Others
Weekly Lens: Communication

Day 7: Celebrating Others' Dreams

Subtopic: A Symphony of Shared Aspirations
Focus: Celebration Practice

Elemental Information: We are enveloped by the potent flow of water, ushering in a phase of profound transformation. Emerging from the steadfastness of earth, the fluidity of air, and the fervor of fire, we surrender to water's reflective embrace. Throughout the initial month, we dive into introspection and contemplation, navigating the depths of our inner oceans to unearth concealed truths and profound insights.

Daily Call to Action: Participate in the symphony of shared aspirations.

Activity: Celebration Practice
- Instructions:
1. Gather in a circle or virtual meeting space with your group.
2. Each person takes turns sharing a recent accomplishment, progress made toward a dream, or a positive development in their journey.
3. As each individual shares, the group responds with words of encouragement, applause, or gestures of support.
4. Take a moment to express gratitude for the collective effort and progress made by everyone in pursuing their dreams.
5. Close the session with a symbolic gesture of unity, such as a group cheer or virtual toast, celebrating the shared aspirations and achievements of the group.

Supplemental Materials:
-Book: "Mindfulness in Plain English" by Bhante Henepola Gunaratana
-Movie/Docu: "Running from Crazy"
-Podcast:Our Real Life | Stories about addiction and recovery

ELEMENT OF WATER



Week 48: Cultivating Prudent Confidence in Dreams

Weekly Topic: Cultivating Prudent Confidence in Dreams
Weekly Lens: Prudence

Summary: Week 48 is dedicated to nurturing confidence while navigating doubts and setbacks with prudence. Each day focuses on self-assessment, identifying strengths, constructing a confidence foundation, setting goals with prudence, visualizing success, embracing setbacks with resilience, and affirming confidence in dreams.

Key Concepts:
- Self-Reflection: Examining inner doubts and assessing personal strengths.
- Confidence Building: Developing techniques to construct a foundation of confidence.
- Prudent Goal Setting: Nurturing realistic aspirations with prudence.
- Visualization: Painting the path to success through visualization exercises.
- Resilience: Embracing setbacks with prudent resilience and learning from challenges.
- Affirmations: Vocalizing belief in dreams through confidence-building affirmations.

Daily Overview:
Day 1: Self-Assessment - Navigating Inner Doubts
- Focus: Reflective Self-Examination
Day 2: Identifying Strengths - Anchoring Dreams in Capability
- Focus: Strengths Identification Exercise
Day 3: Constructing a Confidence Foundation - Building Belief Structures
- Focus: Confidence-Building Techniques
Day 4: Goal Setting with Prudence - Nurturing Realistic Aspirations
- Focus: Prudent Goal-Setting Strategies
Day 5: Visualizing Success - Painting the Path to Achievement
- Focus: Success Visualization Exercise
Day 6: Embracing Setbacks - Prudent Resilience
- Focus: Resilience-Building Activities
Day 7: Affirmations of Confidence - Vocalizing Belief in Dreams
-Focus: Confidence-Building Affirmations

ELEMENT OF WATER



Weekly Topic: Cultivating Prudent Confidence in Dreams
Weekly Lens: Prudence

Day 1: Self-Assessment

Subtopic: Navigating Inner Doubts
Focus: Reflective Self-Examination

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Navigate inner doubts with prudence.

Activity: Reflective Self-Examination
- Instructions:
1. Set aside quiet time for self-reflection.
2. Journal about any doubts or uncertainties you have regarding your goals or aspirations.
3. Reflect on the root causes of these doubts and explore whether they are based on realistic concerns or limiting beliefs.
4. Consider how these doubts may be impacting your progress and emotional well-being.
5. Brainstorm strategies for navigating and addressing these doubts, such as seeking support from others, reframing negative thoughts, or breaking goals into smaller, more manageable steps.

Supplemental Materials:
-Book: "The Art of Mindfulness: A Practical Guide to Living in the Moment" by Thich Nhat Hanh
-Movie/Docu: "No Kidding, Me Too!"
-Podcast: Recovery Talks

ELEMENT OF WATER



Weekly Topic: Cultivating Prudent Confidence in Dreams
Weekly Lens: Prudence

Day 2: Identifying Strengths

Subtopic: Anchoring Dreams in Capability
Focus: Strengths Identification Exercise

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

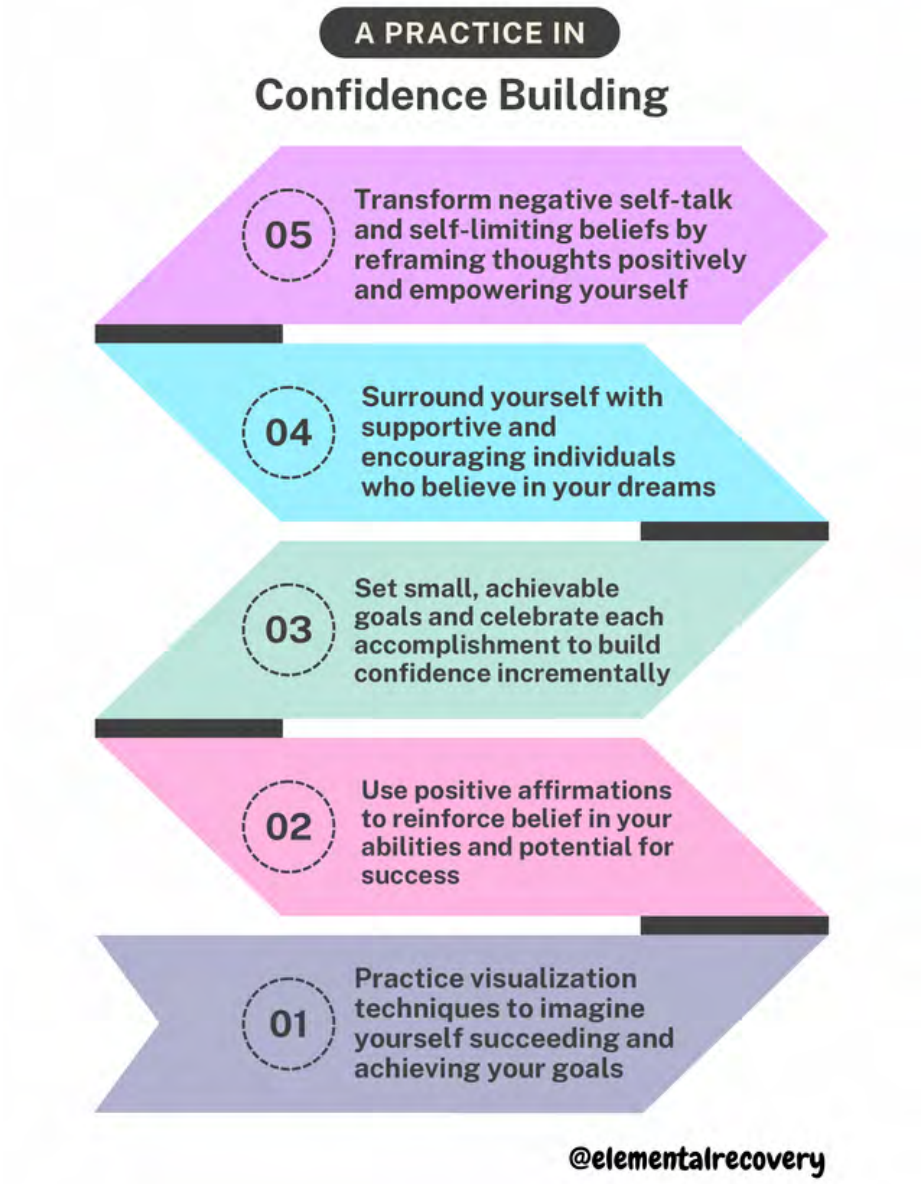
Daily Call to Action: Anchor dreams in recognized capabilities.

Activity: Strengths Identification Exercise
- Instructions:
1. Reflect on past achievements, successes, and moments of personal pride.
2. Make a list of your skills, talents, and positive qualities that have contributed to these accomplishments.
3. Ask trusted friends, family members, or colleagues for feedback on your strengths and areas where you excel.
4. Review your list and highlight the strengths that are most relevant to your current goals and aspirations.
5. Use these identified strengths as a foundation for anchoring your dreams and building confidence in your ability to achieve them.

Supplemental Materials:
-Book: "The Art of Mindfulness: A Practical Guide to Living in the Moment" by Thich Nhat Hanh
-Movie/Docu: "No Kidding, Me Too!"
-Podcast: Recovery Talks

ELEMENT OF WATER

Day 2: Identifying Strengths
Subtopic: Anchoring Dreams in Capability



ELEMENT OF WATER



Weekly Topic: Cultivating Prudent Confidence in Dreams
Weekly Lens: Prudence

Day 3: Constructing a Confidence Foundation

Subtopic: Building Belief Structures
Focus: Confidence-Building Techniques

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Build belief structures for dreams.

Activity: Confidence-Building Techniques
- Instructions:
1. Practice visualization techniques to imagine yourself succeeding and achieving your goals.
2. Use positive affirmations to reinforce belief in your abilities and potential for success.
3. Set small, achievable goals and celebrate each accomplishment to build confidence incrementally.
4. Surround yourself with supportive and encouraging individuals who believe in your dreams.
5. Challenge self-limiting beliefs and negative self-talk by reframing thoughts in a more positive and empowering light.

Supplemental Materials:
-Book: "The Art of Mindfulness: A Practical Guide to Living in the Moment" by Thich Nhat Hanh
-Movie/Docu: "No Kidding, Me Too!"
-Podcast: Recovery Talks

ELEMENT OF WATER



Weekly Topic: Cultivating Prudent Confidence in Dreams
Weekly Lens: Prudence

Day 4: Goal Setting with Prudence

Subtopic: Nurturing Realistic Aspirations
Focus: Prudent Goal-Setting Strategies

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Nurture goals with prudence.

Activity: Prudent Goal-Setting Strategies
- Instructions:
1. Reflect on your long-term aspirations and break them down into smaller, achievable goals.
2. Prioritize your goals based on their significance and feasibility, considering factors such as time, resources, and skills.
3. Set SMART goals that are specific, measurable, attainable, relevant, and time-bound.
4. Create action plans outlining the steps you need to take to reach each goal, and regularly review and adjust them as needed.
5. Practice self-compassion and flexibility, allowing yourself to adapt and revise your goals as circumstances change.

Supplemental Materials:
-Book: "The Art of Mindfulness: A Practical Guide to Living in the Moment" by Thich Nhat Hanh
-Movie/Docu: "No Kidding, Me Too!"
-Podcast: Recovery Talks

ELEMENT OF WATER



Weekly Topic: Cultivating Prudent Confidence in Dreams
Weekly Lens: Prudence

Day 5: Visualizing Success

Subtopic: Painting the Path to Achievement
Focus: Success Visualization Exercise

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Paint the journey with prudent optimism.

Activity: Success Visualization Exercise
- Instructions:
1. Find a quiet and comfortable space where you won't be disturbed.
2. Close your eyes and take several deep breaths to relax your body and mind.
3. Visualize yourself achieving one of your goals in vivid detail, imagining the sights, sounds, and sensations associated with your success.
4. Focus on the steps you took to reach this milestone and the obstacles you overcame along the way.
5. Engage all your senses in the visualization process and immerse yourself fully in the experience of success.

Supplemental Materials:
-Book: "The Art of Mindfulness: A Practical Guide to Living in the Moment" by Thich Nhat Hanh
-Movie/Docu: "No Kidding, Me Too!"
-Podcast: Recovery Talks

ELEMENT OF WATER



Weekly Topic: Cultivating Prudent Confidence in Dreams
Weekly Lens: Prudence

Day 6: Embracing Setbacks

Subtopic: Prudent Resilience
Focus: Resilience-Building Activities

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Cultivate prudent resilience.

Activity: Resilience-Building Activities
- Instructions:
1. Reflect on past experiences of overcoming adversity and setbacks in your life.
2. Identify the coping strategies and resilience-building techniques that have helped you navigate challenges effectively.
3. Practice self-care activities that promote emotional well-being and stress management, such as mindfulness, exercise, and creative expression.
4. Cultivate a growth mindset by reframing setbacks as opportunities for learning and personal growth.
5. Seek support from friends, family, or a professional counselor when facing significant challenges or setbacks that feel overwhelming.

Supplemental Materials:
-Book: "The Art of Mindfulness: A Practical Guide to Living in the Moment" by Thich Nhat Hanh
-Movie/Docu: "No Kidding, Me Too!"
-Podcast: Recovery Talks

ELEMENT OF WATER



Weekly Topic: Cultivating Prudent Confidence in Dreams
Weekly Lens: Prudence

Day 7: Affirmations of Confidence

Subtopic: Vocalizing Belief in Dreams
Focus: Confidence-Building Affirmations

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Vocalize belief through affirmations.

Activity: Confidence-Building Affirmations
- Instructions:
1. Write down positive affirmations that reflect your belief in yourself and your ability to achieve your dreams.
2. Practice saying these affirmations out loud with confidence and conviction, either in front of a mirror or as part of your daily routine.
3. Focus on affirmations that resonate with you personally and address any specific doubts or fears you may have.
4. Repeat these affirmations regularly to reinforce a positive self-image and bolster your confidence in pursuing your aspirations.
5. Share your affirmations with a trusted friend or mentor for additional encouragement and support.

Supplemental Materials:
-Book: "The Art of Mindfulness: A Practical Guide to Living in the Moment" by Thich Nhat Hanh
-Movie/Docu: "No Kidding, Me Too!"
-Podcast: Recovery Talks

ELEMENT OF WATER



Week 49: Navigating Authentic Change with Confidentiality

Weekly Topic: Navigating Authentic Change with Confidentiality
Weekly Lens: Confidential

Summary: Week 49 delves into the theme of authenticity, exploring the journey inward while navigating external influences and nurturing authentic change. Each day focuses on different aspects of authenticity, including self-reflection, recognizing external influences, personal growth strategies, communicating authentically, building supportive networks, practicing self-compassion, and journaling for self-discovery.

Key Concepts:
- Authenticity: Embracing one's true self and navigating personal growth.
- Confidentiality: Reflecting and expressing authenticity in a safe and confidential space.
- Communication: Communicating authentically amidst change while maintaining confidentiality.
- Support Networks: Building confidential support systems for personal growth.
- Self-Compassion: Practicing self-compassion and journaling confidentially for self-discovery.

Daily Overview:
Day 1: Embracing Authenticity - The Journey Inward
- Focus: Self-Reflection on Authenticity
Day 2: The Challenge of Change - External Influences
- Focus: Recognizing External Influences
Day 3: Personal Growth Strategies - Nurturing Authentic Change
- Focus: Strategies for Personal Growth
Day 4: Communication in Transition - Confidential Expressions
- Focus: Communicating Authentic Change
Day 5: Building Supportive Networks - Confidential Connections
- Focus: Creating Confidential Support Systems
Day 6: Self-Compassion Amidst Change - Confidential Reflection
- Focus: Reflection on Self-Compassion
Day 7: Journaling Authenticity - Confidential Insights
- Focus: Journaling for Self-Discovery

ELEMENT



WATER

Weekly Topic: Navigating Authentic Change with Confidentiality
Weekly Lens: Confidential

Day 1: Embracing Authenticity

Subtopic: The Journey Inward
Focus: Self-Reflection on Authenticity

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Embrace the journey inward.

Activity: Explore the Concept of Authenticity
- Instructions:
1. Take some time for introspection and self-reflection.
2. Consider what authenticity means to you personally. What values, beliefs, and behaviors align with your true self?
3. Reflect on moments in your life when you felt most authentic. What circumstances or actions contributed to that feeling?
4. Journal your thoughts and insights on authenticity, exploring both its importance and challenges in your life.
5. Identify one small step you can take today to align more closely with your authentic self.

Supplemental Materials:
Book: ”Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear
Docu: "I Am" (2010)
Podcast: "The Happiness Lab" with Dr. Laurie Santos

ELEMENT OF WATER



Weekly Topic: Navigating Authentic Change with Confidentiality
Weekly Lens: Confidential

Day 2: The Challenge of Change

Subtopic: External Influences
Focus: Recognizing External Influences

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Navigate external influences with confidentiality.

Activity: Identify External Challenges to Authenticity
- Instructions:
1. Reflect on the external factors and influences in your life that may challenge or hinder your authenticity.
2. Consider societal expectations, peer pressure, cultural norms, and other external forces that may shape your behavior and identity.
3. Identify specific situations or relationships where you feel pressure to conform or compromise your authentic self.
4. Journal about how these external influences impact your sense of authenticity and well-being.
5. Brainstorm strategies for navigating these challenges while staying true to yourself, such as setting boundaries, seeking supportive environments, or practicing assertive communication.

Supplemental Materials:
Book: ”Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear
Docu: "I Am" (2010)
Podcast: "The Happiness Lab" with Dr. Laurie Santos

ELEMENT OF WATER



Weekly Topic: Navigating Authentic Change with Confidentiality
Weekly Lens: Confidential

Day 3: Personal Growth Strategies

Subtopic: Nurturing Authentic Change
Focus: Strategies for Personal Growth

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Apply strategies for personal growth.

Activity: Explore Methods for Nurturing Authenticity
- Instructions:
1. Research and explore personal growth strategies that align with your values and support authenticity.
2. Consider practices such as mindfulness meditation, self-expression through art or journaling, seeking therapy or counseling, engaging in meaningful conversations with trusted friends or mentors, and setting boundaries to protect your authenticity.
3. Experiment with different techniques and activities to discover what resonates most with you and helps you feel more aligned with your true self.
4. Commit to integrating these nurturing practices into your daily or weekly routine to foster ongoing personal growth and authenticity.
5. Reflect on your experiences and insights gained from implementing these strategies, adjusting and refining your approach as needed.

Supplemental Materials:
Book: ”Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear
Docu: "I Am" (2010)
Podcast: "The Happiness Lab" with Dr. Laurie Santos

ELEMENT OF WATER

Day 3: Personal Growth Strategies
Subtopic: Nurturing Authentic Change
Focus: Strategies for Personal Growth



ELEMENT OF WATER



Weekly Topic: Navigating Authentic Change with Confidentiality
Weekly Lens: Confidential

Day 4: Communication in Transition

Subtopic: Confidential Expressions
Focus: Communicating Authentic Change

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Communicate authentically with confidentiality.

Activity: Practice Confidential Expressions
- Instructions:
1. Choose a trusted friend, family member, or mentor with whom you feel comfortable sharing your thoughts and feelings.
2. Schedule a confidential conversation or meeting with this person to discuss aspects of your authentic self and any changes you're experiencing.
3. During the conversation, practice open and honest communication, sharing your thoughts, emotions, and experiences authentically.
4. Encourage the other person to reciprocate by creating a safe space for them to express themselves authentically as well.
5. Reflect on the experience afterward, noting any insights gained or feelings of relief, connection, or empowerment that emerged from sharing authentically.

Supplemental Materials:
Book: ”Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear
Docu: "I Am" (2010)
Podcast: "The Happiness Lab" with Dr. Laurie Santos

ELEMENT OF WATER



Weekly Topic: Navigating Authentic Change with Confidentiality
Weekly Lens: Confidential

Day 5: Building Supportive Networks

Subtopic: Confidential Connections
Focus: Creating Confidential Support Systems

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Create a supportive network with confidentiality.

Activity: Identify and Build Confidential Connections
- Instructions:
1. Reflect on your existing social network and identify individuals whom you trust to maintain confidentiality.
2. Reach out to these individuals and initiate conversations about forming deeper, more authentic connections.
3. Share aspects of your authentic self with these individuals, being transparent about your desire for confidentiality.
4. Listen actively and supportively to their own disclosures, fostering mutual trust and respect.
5. Nurture these confidential connections over time by regularly checking in, offering support, and cultivating a safe space for open communication and vulnerability.

Supplemental Materials:
Book: ”Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear
Docu: "I Am" (2010)
Podcast: "The Happiness Lab" with Dr. Laurie Santos

ELEMENT OF WATER



Weekly Topic: Navigating Authentic Change with Confidentiality
Weekly Lens: Confidential

Day 6: Self-Compassion Amidst Change

Subtopic: Confidential Reflection
Focus: Reflection on Self-Compassion

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Practice self-compassion amidst change.

Activity: Reflect Confidentially on Self-Compassion
- Instructions:
1. Find a quiet and comfortable space where you can engage in reflective practice without interruption.
2. Close your eyes and take several deep breaths to center yourself and quiet your mind.
3. Reflect on moments in your life when you've struggled with self-doubt, insecurity, or criticism.
4. Practice self-compassion by offering yourself kindness, understanding, and acceptance in these moments of struggle.
5. Write down your reflections in a confidential journal, noting any insights or shifts in perspective that arise from practicing self-compassion.

Supplemental Materials:
Book: ”Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear
Docu: "I Am" (2010)
Podcast: "The Happiness Lab" with Dr. Laurie Santos

ELEMENT OF WATER



Weekly Topic: Navigating Authentic Change with Confidentiality
Weekly Lens: Confidential

Day 7: Journaling Authenticity

Subtopic: Confidential Insights
Focus: Journaling for Self-Discovery

Elemental Information: Entering the final quarter of Elemental Recovery, we immerse ourselves in the transformative element of water. Transitioning from the stability of earth, the fluidity of air, and the intensity of fire, we embrace water's reflective nature. In the first month, we focus on introspection and reflection, delving deep into our inner oceans to uncover hidden truths and insights. Join us as we navigate the depths of our emotions, harnessing water's transformative power to gain clarity and wisdom on our journey towards realizing our dreams.

Daily Call to Action: Discover authenticity through confidential journaling.

Activity: Journal Confidential Insights on Authenticity
- Instructions:
1. Set aside time for reflective journaling in a private and confidential space where you feel comfortable expressing yourself.
2. Write freely about your experiences, thoughts, feelings, and insights related to authenticity.
3. Explore questions such as "What does authenticity mean to me?", "What external influences challenge my authenticity?", "How can I nurture my authentic self amidst change?", and "What steps can I take to align more closely with my true self?"
4. Use your journal as a safe and confidential space to explore these questions without judgment or inhibition.
5. Review your journal entries periodically to track your progress, gain new insights, and reaffirm your commitment to authenticity.

Supplemental Materials:
Book: ”Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear
Docu: "I Am" (2010)
Podcast: "The Happiness Lab" with Dr. Laurie Santos

ELEMENT OF WATER



Week 50: Dreams Amidst Trauma Narratives

Weekly Topic: Trusting Dreams Amidst Trauma Narratives
Weekly Lens: Trust

Summary: Week 50 focuses on the theme of trust in the face of trauma and the healing process, utilizing the element of water as a symbol of emotional fluidity and resilience. Each day explores different aspects of trust, from acknowledging trauma narratives to trusting inner wisdom and creative expression for healing.

Key Concepts:
- Trauma Healing: Acknowledging and navigating trauma narratives with trust.
- Limiting Beliefs: Unraveling and challenging limiting beliefs rooted in trauma through trust.
- Safe Spaces: Cultivating safe support networks and environments with trust.
- Dreams as Healing: Recognizing dreams as potential healing narratives and trusting in their process.
- Artistic Expression: Trusting creative outlets for healing and emotional expression.
- Inner Wisdom: Developing trust in intuition and inner wisdom in pursuing healing and dreams.
- Reflecting on Trust: Reflecting on the role of trust in building confidence and navigating the healing journey.

Daily Overview:
Day 1: Trust in the Face of Trauma - Acknowledging the Narrative
- Focus: Recognizing Trauma Narratives
Day 2: Unraveling Limiting Beliefs - Trusting Personal Narratives
- Focus: Identifying Limiting Beliefs
Day 3: Cultivating a Safe Space - Trusting Support Systems
- Focus: Building Safe Support Networks
Day 4: Dreams as Healing Narratives - Trusting the Healing Process
- Focus: Recognizing Dreams as Healing
Day 5: Artistic Expression in Healing - Trusting Creative Outlets
- Focus: Utilizing Art for Healing
Day 6: Trusting Inner Wisdom - Intuition in Dream Pursuits
- Focus: Developing Trust in Intuition
Day 7: Reflecting on Trust - Confidence in Dream Navigation
-Focus: Building Confidence Through Trust

ELEMENT OF WATER



Weekly Topic: Trusting Dreams Amidst Trauma Narratives
Weekly Lens: Trust

Day 1: Trust in the Face of Trauma

Subtopic: Acknowledging the Narrative
Focus: Recognizing Trauma Narratives

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Trust the process of acknowledging and understanding trauma.

Activity: Acknowledging Trauma Narratives
- Instructions:
1. Set aside dedicated time for self-reflection in a quiet and comfortable space.
2. Reflect on past traumatic experiences, acknowledging the narratives associated with them.
3. Write down these narratives in a journal, focusing on the emotions, thoughts, and beliefs that arise when recalling the trauma.
4. Practice self-compassion as you explore these narratives, recognizing that it's natural to feel a range of emotions.
5. Trust in the process of acknowledging and understanding these narratives, knowing that it's an essential step towards healing and growth.

Supplemental Materials:
-Book: "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works" by Dan Harris
-Movie/Docu: "Mindfulness: Be Happy Now"
-Podcast:Your Road to Personal Addiction Recovery

ELEMENT OF WATER



Weekly Topic: Trusting Dreams Amidst Trauma Narratives
Weekly Lens: Trust

Day 2: Unraveling Limiting Beliefs

Subtopic: Trusting Personal Narratives
Focus: Identifying Limiting Beliefs

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Trust in the potential to unravel and challenge limiting beliefs.

Activity: Exploring Limiting Beliefs
- Instructions:
1. Reflect on the trauma narratives identified in the previous day's activity.
2. Identify any recurring thoughts or beliefs that may be limiting your ability to heal and move forward.
3. Write down these limiting beliefs in your journal, being as specific as possible about how they manifest in your thoughts and behaviors.
4. Challenge these beliefs by questioning their validity and exploring alternative perspectives.
5. Trust in your ability to unravel and overcome these limiting beliefs, knowing that it's a crucial step towards healing and personal growth.

Supplemental Materials:
-Book: "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works" by Dan Harris
-Movie/Docu: "Mindfulness: Be Happy Now"
-Podcast:Your Road to Personal Addiction Recovery

ELEMENT OF WATER



Weekly Topic: Trusting Dreams Amidst Trauma Narratives
Weekly Lens: Trust

Day 3: Cultivating a Safe Space
Subtopic: Trusting Support Systems
Focus: Building Safe Support Networks

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Cultivate a safe space by trusting supportive connections.

Activity: Assessing Support Systems
- Instructions:
1. Reflect on the people in your life whom you consider part of your support system.
2. Evaluate the level of trust you have in each of these individuals, considering factors such as reliability, empathy, and confidentiality.
3. Write down your reflections in your journal, noting any strengths or weaknesses in your current support network.
4. Identify areas where you may need to strengthen trust or seek out additional support.
5. Trust in the process of cultivating a safe space by nurturing and deepening your connections with trusted individuals.

Supplemental Materials:
-Book: "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works" by Dan Harris
-Movie/Docu: "Mindfulness: Be Happy Now"
-Podcast:Your Road to Personal Addiction Recovery

ELEMENT OF WATER



Weekly Topic: Trusting Dreams Amidst Trauma Narratives
Weekly Lens: Trust

Day 4: Dreams as Healing Narratives

Subtopic: Trusting the Healing Process
Focus: Recognizing Dreams as Healing

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

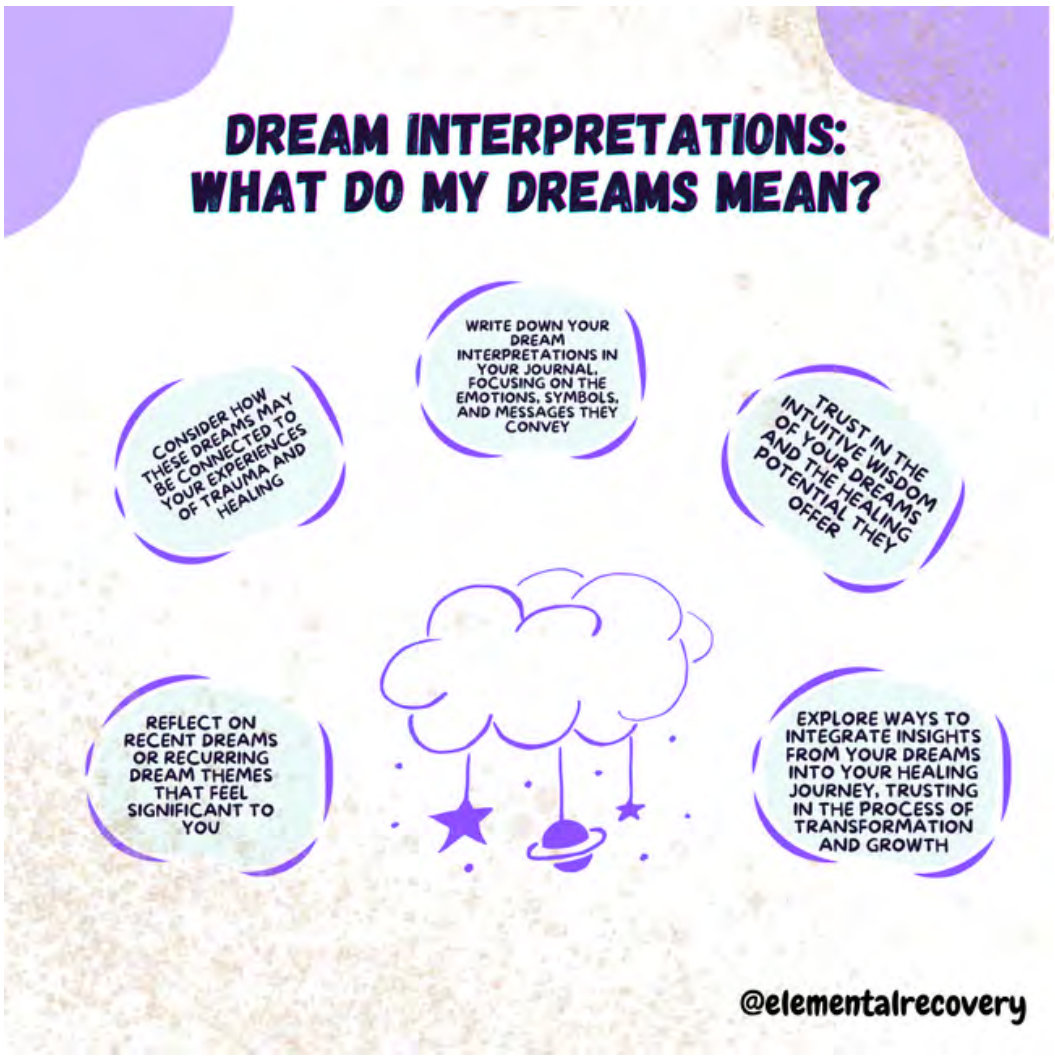
Daily Call to Action: Trust in the healing power of dreams.

Activity: Exploring Healing Dreams
- Instructions:
1. Reflect on recent dreams or recurring dream themes that feel significant to you.
2. Consider how these dreams may be connected to your experiences of trauma and healing.
3. Write down your dream interpretations in your journal, focusing on the emotions, symbols, and messages they convey.
4. Trust in the intuitive wisdom of your dreams and the healing potential they offer.
5. Explore ways to integrate insights from your dreams into your healing journey, trusting in the process of transformation and growth.

Supplemental Materials:
-Book: "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works" by Dan Harris
-Movie/Docu: "Mindfulness: Be Happy Now"
-Podcast:Your Road to Personal Addiction Recovery

ELEMENT OF WATER

Day 4: Dreams as Healing Narratives
Subtopic: Trusting the Healing Process
Focus: Recognizing Dreams as Healing



ELEMENT OF WATER



Weekly Topic: Trusting Dreams Amidst Trauma Narratives
Weekly Lens: Trust

Day 5: Artistic Expression in Healing

Subtopic: Trusting Creative Outlets
Focus: Utilizing Art for Healing

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Trust the transformative power of creative expression.

Activity: Creative Healing Expression
- Instructions:
1. Choose a form of artistic expression that resonates with you, such as painting, drawing, writing, music, or dance.
2. Set aside dedicated time to engage in this creative practice in a comfortable and inspiring environment.
3. Allow yourself to express your emotions, thoughts, and experiences related to trauma through your chosen artistic medium.
4. Trust in the process of creative expression as a healing outlet, letting go of self-judgment and expectations.
5. Reflect on the experience afterward, noticing any shifts in your mood, perspective, or sense of well-being as a result of engaging in creative expression.

Supplemental Materials:
-Book: "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works" by Dan Harris
-Movie/Docu: "Mindfulness: Be Happy Now"
-Podcast:Your Road to Personal Addiction Recovery

ELEMENT OF WATER



Weekly Topic: Trusting Dreams Amidst Trauma Narratives
Weekly Lens: Trust

Day 6: Trusting Inner Wisdom

Subtopic: Intuition in Dream Pursuits
Focus: Developing Trust in Intuition

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Acknowledge and trust the intuitive guidance within.

Activity: Connecting with Inner Wisdom
- Instructions:
1. Find a quiet and comfortable space where you can engage in meditation, mindfulness, or reflective practices.
2. Close your eyes and take several deep breaths to center yourself and quiet your mind.
3. Tune into your inner wisdom by focusing on your breath, bodily sensations, and any intuitive insights that arise.
4. Trust in the guidance of your intuition, allowing it to inform your decisions, actions, and choices in pursuing your dreams.
5. Journal about any intuitive messages or guidance you receive, trusting in the wisdom of your inner voice and its ability to guide you on your journey.

Supplemental Materials:
-Book: "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works" by Dan Harris
-Movie/Docu: "Mindfulness: Be Happy Now"
-Podcast:Your Road to Personal Addiction Recovery

ELEMENT OF WATER



Weekly Topic: Trusting Dreams Amidst Trauma Narratives
Weekly Lens: Trust

Day 7: Reflecting on Trust

Subtopic: Confidence in Dream Navigation
Focus: Building Confidence Through Trust

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Approach dream pursuits with increased confidence through trust.
Activity: Reflecting on Trust
- Instructions:
1. Reflect on your experiences throughout the week, focusing on moments where trust played a significant role in your healing journey.
2. Consider how trusting yourself, others, and the healing process itself has impacted your sense of confidence and well-being.
3. Write down your reflections in your journal, noting any insights, lessons learned, or areas for further growth.
4. Acknowledge the progress you've made in cultivating trust and confidence in pursuing your dreams.
5. Carry forward the lessons of trust and confidence into the next steps of your journey, knowing that you have the inner resources and resilience to navigate challenges with grace and resilience.

Supplemental Materials:
-Book: "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works" by Dan Harris
-Movie/Docu: "Mindfulness: Be Happy Now"
-Podcast:Your Road to Personal Addiction Recovery

ELEMENT OF WATER



Week 51: Commitment to a Better World

Weekly Topic: Commitment to a Better World
Weekly Lens: Focus

Summary: Week 51 revolves around the theme of commitment, exploring how dreams can align with personal values and contribute to positive change on various scales, from the individual to the global community. The element of water symbolizes adaptability and fluidity in pursuing dreams with a focus on sustainability and impact.

Key Concepts:
- Personal Commitments: Aligning dreams with personal values and making commitments to stay true to them.
- Social Impact: Recognizing the potential of dreams to positively impact the community and committing to contribute.
- Environmental Consciousness: Considering the ecological footprint of dreams and committing to environmentally sustainable practices.
- Global Contribution: Reflecting on how dreams can contribute to a better world globally and committing to efforts for positive change.
- Advocacy and Action: Exploring advocacy strategies for dream-related causes and committing to focused efforts for change.
- Sustainable Dream Pursuits: Developing sustainable approaches to pursuing dreams and committing to long-term impact.
- Reflecting on Commitment: Assessing the commitment made throughout the week and considering its role in creating a better world.

Daily Overview:
Day 1: Personal Commitments - Aligning Dreams with Values
Day 2: Social Commitments - Dreams Impacting the Community
Day 3: Environmental Commitments - Dreams and Ecological Impact
Day 4: Global Commitments - Dreams for a Better World
Day 5: Advocacy and Dreams - Focused Efforts for Change
Day 6: Nurturing Dreams - Focusing on Sustainable Impact
Day 7: Reflecting on Commitment - The Journey Towards a Better World

ELEMENT OF WATER



Weekly Topic: Commitment to a Better World
Weekly Lens: Focus

Day 1: Personal Commitments

Subtopic: Aligning Dreams with Values
Focus: Defining Personal Values

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Make a commitment to stay true to aligned values in pursuing dreams.

Activity: Values Alignment Exercise
- Instructions:
1. Reflect on your core values, such as integrity, compassion, creativity, or freedom.
2. Consider how these values relate to your dreams and aspirations.
3. Write down your values and the ways in which they align with your dreams in your journal.
4. Commit to prioritizing these values in your pursuit of your dreams, making decisions that honor and reflect them.
5. Regularly revisit and reassess your values alignment as your dreams evolve, ensuring that they remain aligned with your deepest values.

Supplemental Materials:
-Book: "Practicing Mindfulness: 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday" by Matthew Sockolov
-Movie/Docu: "The Secret Life of the Manic Depressive”
-Podcast: The Addiction Podcast | Point of No Return

ELEMENT OF WATER



Weekly Topic: Commitment to a Better World
Weekly Lens: Focus

Day 2: Social Commitments

Subtopic: Dreams Impacting the Community
Focus: Identifying Social Impact

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Commit to contributing positively to the community through dreams.

Activity: Community Impact Exploration
- Instructions:
1. Reflect on the ways in which your dreams and aspirations can have a positive impact on the community.
2. Consider the needs and challenges faced by your community, and how your dreams align with addressing them.
3. Write down specific actions or initiatives you can take to contribute positively to your community through your dreams.
4. Make a commitment to actively pursue these community-focused goals, leveraging your skills, resources, and networks to make a difference.
5. Regularly assess and celebrate the progress you make in fulfilling your commitment to community impact through your dreams.

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ELEMENT OF WATER



Weekly Topic: Commitment to a Better World
Weekly Lens: Focus

Day 3: Environmental Commitments

Subtopic: Dreams and Ecological Impact
Focus: Recognizing Environmental Impact

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Commit to environmentally sustainable practices aligned with dreams.

Activity: Environmental Impact Reflection
- Instructions:
1. Reflect on the potential environmental impact of your dreams and aspirations.
2. Consider how your actions, choices, and goals may affect the environment, both positively and negatively.
3. Write down specific ways in which you can minimize or mitigate any negative environmental impacts associated with your dreams.
4. Make a commitment to incorporating environmentally sustainable practices into your pursuit of your dreams, such as reducing waste, conserving resources, or supporting eco-friendly initiatives.
5. Regularly assess and adjust your environmental commitments as you progress towards your dreams, seeking opportunities to further minimize your ecological footprint and contribute to environmental conservation efforts.

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-Movie/Docu: "The Secret Life of the Manic Depressive”
-Podcast: The Addiction Podcast | Point of No Return

ELEMENT OF WATER

Day 3: Environmental Commitments
Subtopic: Dreams and Ecological Impact
Focus: Recognizing Environmental Impact



ELEMENT OF WATER



Weekly Topic: Commitment to a Better World
Weekly Lens: Focus

Day 4: Global Commitments

Subtopic: Dreams for a Better World
Focus: Understanding Global Impact

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Commit to contributing towards a better world on a global scale.

Activity: Global Impact Reflection
- Instructions:
1. Reflect on the interconnectedness of your dreams and aspirations with the larger global community.
2. Consider how your actions, goals, and values may have ripple effects that extend beyond your immediate surroundings to impact people, communities, and systems around the world.
3. Write down specific ways in which you can leverage your dreams to promote positive change on a global scale, such as advocating for human rights, promoting social justice, or supporting international development initiatives.
4. Make a commitment to actively pursue these global-focused goals, using your voice, platform, and resources to contribute towards a better world for all.
5. Regularly assess and adapt your global commitments as you progress towards your dreams, seeking opportunities to amplify your impact and foster positive change on a global level.

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ELEMENT OF WATER



Weekly Topic: Commitment to a Better World
Weekly Lens: Focus

Day 5: Advocacy and Dreams

Subtopic: Focused Efforts for Change
Focus: Strategies for Advocacy

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Commit to focused efforts in advocating for positive change.

Activity: Advocacy Strategy Development
- Instructions:
1. Reflect on the causes, issues, or values that are most important to you in relation to your dreams and aspirations.
2. Identify key stakeholders, decision-makers, or influencers who have the power to effect change in these areas.
3. Write down specific advocacy goals and objectives related to your dream-related causes, considering both short-term and long-term outcomes.
4. Develop a strategic advocacy plan that outlines actionable steps, timelines, and tactics for achieving your advocacy goals.
5. Make a commitment to implementing your advocacy plan with focus, persistence, and resilience, leveraging your voice and influence to drive positive change in alignment with your dreams and values.

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-Podcast: The Addiction Podcast | Point of No Return

ELEMENT OF WATER



Weekly Topic: Commitment to a Better World
Weekly Lens: Focus

Day 6: Nurturing Dreams

Subtopic: Focusing on Sustainable Impact

Focus:

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Commit to nurturing dreams with a focus on long-term impact.

Activity: Sustainable Dream Pursuit Planning
- Instructions:
1. Reflect on the importance of sustainability and long-term impact in the pursuit of your dreams and aspirations.
2. Identify areas where you can integrate sustainable practices into your dream pursuit journey, such as goal-setting, resource management, or personal well-being.
3. Write down specific actions or habits you can adopt to promote sustainability in your dream pursuit efforts, considering the environmental, social, and economic dimensions of sustainability.
4. Develop a sustainable dream pursuit plan that outlines your goals, strategies, and milestones for creating lasting impact while minimizing negative consequences.
5. Make a commitment to implementing your sustainable dream pursuit plan with diligence, adaptability, and a focus on creating positive and enduring change in alignment with your values and aspirations.

Supplemental Materials:
-Book: "Practicing Mindfulness: 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday" by Matthew Sockolov
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ELEMENT OF WATER



Weekly Topic: Commitment to a Better World
Weekly Lens: Focus

Day 7: Reflecting on Commitment

Subtopic: The Journey Towards a Better World
Focus: Assessing Commitment in Dream Pursuits

Elemental Information: As we approach the culmination of the 12-month journey through Elemental Recovery, we stand at the threshold of fulfillment, ready to embrace our dreams with open arms. Guided by the powerful currents of water, we navigate the final stretch with confidence and love, propelled by the anticipation of stepping into new opportunities. With each passing day, we draw closer to the realization of our deepest desires, embracing the transformative energy of water as it flows effortlessly towards manifestation.

Daily Call to Action: Consider how ongoing commitment contributes to creating a better world.

Activity: Commitment Reflection Journal

1. Take some time to sit quietly and reflect on the commitments you made throughout the week.
2. Open your journal and write about your experiences with each commitment. Consider the challenges you faced, the progress you made, and any insights you gained.
3. Reflect on how each commitment aligns with your values and aspirations. Did you feel a sense of fulfillment or purpose in pursuing these commitments?
4. Consider the impact your commitments may have had on others, whether it's your immediate community, the environment, or the global community.
5. Think about how your ongoing commitment to these ideals and actions can contribute to creating a better world. Visualize the ripple effect of your efforts and the positive change they can inspire.
6. End your reflection with a renewed sense of purpose and commitment to continue striving towards your dreams while making a positive impact on the world around you.
7. Keep your commitment reflection journal as a reminder of your journey and a source of inspiration for future endeavors.

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ELEMENT OF WATER



Week 52: Honoring Your Path Forward

Weekly Topic: Honoring Your Path Forward
Weekly Lens: Respect

Summary: Week 52 focuses on embracing personal progress, navigating setbacks, and honoring the journey towards dreams. With the element of water symbolizing adaptability and reflection, each day encourages mindfulness, resilience, and flexibility in pursuing aspirations.

Key Concepts:
- Personal Progress: Recognizing and celebrating small achievements along the journey.
- Resilience in Setbacks: Learning from challenges and embracing setbacks as opportunities for growth.
- Flexibility in Goal-setting: Adjusting goals to align with personal growth and evolving circumstances.
- Mindfulness Practices: Honoring the present moment through mindfulness to enrich the journey.
- Self-Worth Acknowledgment: Recognizing intrinsic value and individual contribution to the world.
- Diversity in Dreams: Celebrating diverse paths to success and respecting individuality in pursuit of dreams.
- Reflection on the Journey: Assessing the overall journey and embracing lessons learned for future growth.

Daily Overview:
Day 1: Embracing Personal Progress - Small Steps Matter
Day 2: Navigating Setbacks - Learning from Challenges
Day 3: Adjusting Goals - Flexibility in Dream Pursuits
Day 4: Honoring the Present Moment - Mindfulness in Dreams
Day 5: Recognizing Personal Worth - Valuing Your Contribution
Day 6: Celebrating Diversity in Dreams - Unique Paths to Success
Day 7: Reflection on the Journey - Navigating the Waters

ELEMENT OF WATER



Weekly Topic: Honoring Your Path Forward
Weekly Lens: Respect

Day 1: Embracing Personal Progress

Subtopic: Small Steps Matter
Focus: Recognizing and Celebrating Small Achievements

As we reach the final week of Elemental Recovery, we find ourselves immersed in the gentle yet powerful embrace of the water element. Here, in the tranquil depths of our journey, we honor the path we have traveled and the growth we have experienced. With hearts full of gratitude and minds clear with wisdom, we prepare to step into the next chapter of our lives, guided by the flowing currents of water. As we bid farewell to this transformative phase, we carry with us the lessons learned and the dreams nurtured, ready to embark on new adventures with confidence and grace. Let us embrace the final moments of this sacred journey, knowing that the essence of water will forever flow within us, guiding us towards our brightest future.

Daily Call to Action: Commit to celebrating small achievements on the journey.

Activity: Gratitude Journaling
1. Take a few moments to reflect on the progress you've made towards your dreams, no matter how minor.
2. Write down at least three small achievements or steps forward that you've made recently.
3. Reflect on how each of these achievements has contributed to your overall journey.
4. Express gratitude for these accomplishments, acknowledging their significance in moving you closer to your dreams.
5. Commit to regularly practicing gratitude journaling to celebrate your progress, no matter how small.

Supplemental Materials:
-Book: "Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World" by Mark Williams and Danny Penman
-Movie/Docu: "Depression: Out of the Shadows"
-Podcast:Recovery (Sort Of) | The Podcast

ELEMENT OF WATER



Weekly Topic: Honoring Your Path Forward
Weekly Lens: Respect

Day 2: Navigating Setbacks

Subtopic: Learning from Challenges
Focus: Embracing Lessons in Setbacks

As we reach the final week of Elemental Recovery, we find ourselves immersed in the gentle yet powerful embrace of the water element. Here, in the tranquil depths of our journey, we honor the path we have traveled and the growth we have experienced. With hearts full of gratitude and minds clear with wisdom, we prepare to step into the next chapter of our lives, guided by the flowing currents of water. As we bid farewell to this transformative phase, we carry with us the lessons learned and the dreams nurtured, ready to embark on new adventures with confidence and grace. Let us embrace the final moments of this sacred journey, knowing that the essence of water will forever flow within us, guiding us towards our brightest future.

Daily Call to Action: Approach challenges with a mindset of resilience and learning.

Activity: Setback Reflection Exercise
1. Identify a recent setback or challenge you've encountered on your journey towards your dreams.
2. Reflect on what lessons or insights you can glean from this setback.
3. Consider how this setback might redirect or refine your path towards your goals.
4. Write down three things you've learned from this setback and how you can apply these lessons moving forward.
5. Embrace a mindset of resilience and growth, recognizing setbacks as valuable opportunities for learning and development.

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ELEMENT OF WATER



Weekly Topic: Honoring Your Path Forward
Weekly Lens: Respect

Day 3: Adjusting Goals

Subtopic: Flexibility in Dream Pursuits
Focus: Assessing and Modifying Goals

As we reach the final week of Elemental Recovery, we find ourselves immersed in the gentle yet powerful embrace of the water element. Here, in the tranquil depths of our journey, we honor the path we have traveled and the growth we have experienced. With hearts full of gratitude and minds clear with wisdom, we prepare to step into the next chapter of our lives, guided by the flowing currents of water. As we bid farewell to this transformative phase, we carry with us the lessons learned and the dreams nurtured, ready to embark on new adventures with confidence and grace. Let us embrace the final moments of this sacred journey, knowing that the essence of water will forever flow within us, guiding us towards our brightest future.

Daily Call to Action: Embrace flexibility in adapting goals to evolving circumstances.

Activity: Goal Alignment Exercise
1. Take some time to review your current goals related to your dreams.
2. Assess whether these goals still align with your values, aspirations, and current circumstances.
3. Identify any goals that may need adjustment or modification based on your personal growth and evolving priorities.
4. Reframe these goals to better reflect your current path and vision for the future.
5. Embrace the flexibility to adapt your goals as needed, ensuring they continue to support your journey towards your dreams.

Supplemental Materials:
-Book: "Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World" by Mark Williams and Danny Penman
-Movie/Docu: "Depression: Out of the Shadows"
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ELEMENT OF WATER



Weekly Topic: Honoring Your Path Forward
Weekly Lens: Respect

Day 4: Honoring the Present Moment

Subtopic: Mindfulness in Dreams
Focus: Practicing Mindfulness

As we reach the final week of Elemental Recovery, we find ourselves immersed in the gentle yet powerful embrace of the water element. Here, in the tranquil depths of our journey, we honor the path we have traveled and the growth we have experienced. With hearts full of gratitude and minds clear with wisdom, we prepare to step into the next chapter of our lives, guided by the flowing currents of water. As we bid farewell to this transformative phase, we carry with us the lessons learned and the dreams nurtured, ready to embark on new adventures with confidence and grace. Let us embrace the final moments of this sacred journey, knowing that the essence of water will forever flow within us, guiding us towards our brightest future.

Daily Call to Action: Commit to being present in the journey towards dreams.
Activity: Mindful Breathing Exercise
1. Find a comfortable and quiet space where you can sit or lie down without distractions.
2. Close your eyes and take a few deep breaths, focusing on the sensation of the air entering and leaving your body.
3. Bring your attention to the present moment, letting go of any thoughts about the past or future.
4. Notice any physical sensations, emotions, or thoughts that arise without judgment, simply observing them as they come and go.
5. Continue to focus on your breath, using it as an anchor to keep you grounded in the present moment.
6. Spend a few minutes in this state of mindfulness, appreciating the richness of the present experience.

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-Podcast:Recovery (Sort Of) | The Podcast

ELEMENT OF WATER

Day 4: Honoring the Present Moment
Subtopic: Mindfulness in Dreams
Focus: Practicing Mindfulness



ELEMENT OF WATER



Weekly Topic: Honoring Your Path Forward
Weekly Lens: Respect

Day 5: Recognizing Personal Worth

Subtopic: Valuing Your Contribution
Focus: Acknowledging Intrinsic Value

As we reach the final week of Elemental Recovery, we find ourselves immersed in the gentle yet powerful embrace of the water element. Here, in the tranquil depths of our journey, we honor the path we have traveled and the growth we have experienced. With hearts full of gratitude and minds clear with wisdom, we prepare to step into the next chapter of our lives, guided by the flowing currents of water. As we bid farewell to this transformative phase, we carry with us the lessons learned and the dreams nurtured, ready to embark on new adventures with confidence and grace. Let us embrace the final moments of this sacred journey, knowing that the essence of water will forever flow within us, guiding us towards our brightest future.

Daily Call to Action: Recognize and honor the value inherent in oneself.

Activity: Self-Appreciation Letter
1. Take out a piece of paper or open a document on your computer.
2. Begin by addressing yourself in a warm and compassionate manner.
3. Write a letter to yourself expressing appreciation for who you are, your strengths, and the unique qualities you bring to the world.
4. Reflect on your journey, acknowledging the challenges you've overcome and the growth you've experienced.
5. Express gratitude for your efforts, your resilience, and your commitment to pursuing your dreams.
6. Seal the letter with words of encouragement and self-love, affirming your worth and potential.

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ELEMENT OF WATER



Weekly Topic: Honoring Your Path Forward
Weekly Lens: Respect

Day 6: Celebrating Diversity in Dreams

Subtopic: Unique Paths to Success
Focus: Embracing Diverse Routes to Achieve Dreams

As we reach the final week of Elemental Recovery, we find ourselves immersed in the gentle yet powerful embrace of the water element. Here, in the tranquil depths of our journey, we honor the path we have traveled and the growth we have experienced. With hearts full of gratitude and minds clear with wisdom, we prepare to step into the next chapter of our lives, guided by the flowing currents of water. As we bid farewell to this transformative phase, we carry with us the lessons learned and the dreams nurtured, ready to embark on new adventures with confidence and grace. Let us embrace the final moments of this sacred journey, knowing that the essence of water will forever flow within us, guiding us towards our brightest future.

Daily Call to Action: Respect and honor the individuality of dreams and their pursuit.

Activity: Pathway Exploration
1. Reflect on the various paths people have taken to achieve similar dreams or goals.
2. Research and learn about individuals who have succeeded in diverse ways, whether through traditional methods or unconventional approaches.
3. Consider the lessons and insights you can draw from these diverse pathways, and how they might inform your own journey.
4. Embrace the idea that there is no one-size-fits-all approach to success, and honor the unique path that resonates with you.
5. Celebrate the diversity of dreams and the multitude of ways people can achieve their aspirations.

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ELEMENT OF WATER



Weekly Topic: Honoring Your Path Forward
Weekly Lens: Respect

Day 7: Reflection on the Journey

Subtopic: Navigating the Waters
Focus: Assessing the Journey

As we reach the final week of Elemental Recovery, we find ourselves immersed in the gentle yet powerful embrace of the water element. Here, in the tranquil depths of our journey, we honor the path we have traveled and the growth we have experienced. With hearts full of gratitude and minds clear with wisdom, we prepare to step into the next chapter of our lives, guided by the flowing currents of water. As we bid farewell to this transformative phase, we carry with us the lessons learned and the dreams nurtured, ready to embark on new adventures with confidence and grace. Let us embrace the final moments of this sacred journey, knowing that the essence of water will forever flow within us, guiding us towards our brightest future.

Daily Call to Action: Honor the path forward and embrace the lessons learned.
Activity: Journey Reflection Meditation

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Take a few deep breaths to center yourself and bring your focus inward.
3. Close your eyes and visualize yourself standing by a calm, serene body of water.
4. Reflect on the journey you've taken in the Water element, recalling the experiences, challenges, and growth you've encountered.
5. Embrace the lessons learned and the wisdom gained along the way, acknowledging the resilience and determination that have brought you to this point.
6. Express gratitude for the journey, recognizing the beauty and significance of each moment.
7. Visualize yourself moving forward with confidence and clarity, ready to navigate the waters ahead with grace and purpose.
8. When you feel ready, slowly open your eyes and return to the present moment, carrying the insights of your reflection with you.

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Elemental Recovery's Quarterly Assessment with an Emphasis on Workforce Development

1. **On a scale of 1-10 how would you rate your overall satisfaction with the Elemental Recovery curriculum?** (1 being not satisfied at all and 10 being extremely satisfied)
    - {1-10 Likert Scale}

2. **On a scale of 1-10, how committed are you to actively participating in the Elemental Recovery program?** (1 being not committed at all and 10 being extremely committed)
    - {1-10 Likert Scale}

3. **What specific aspects of the curriculum have contributed most to your personal growth and development in the last quarter?**
    - {Open-ended response}

4. **Have you successfully completed most of your daily prompts?**
    - {Yes/No}

5. **How would you describe your current level of confidence on a scale of 1-10 in your career goals compared to the start of the program?** (1 being it hasn't changed at all to 10 being it's completely changed)
    - {1-10 Likert Scale}

6. **Have you encountered any challenges in balancing the daily prompts with your other commitments?**
    - {Yes/No}

7. **On a scale of 1-10, how much has the Elemental Recovery program increased the desire to move into your dream career?** (1 being no increase at all and 10 being an extreme increase).
    - {1-10 Likert Scale}

8. **Which specific leadership skills do you feel you have improved upon during the past quarter?**
    - {Open-ended response}

9. **On a scale of 1-10, how much has Elemental Recovery positively impacted your mental health and well-being?** (1 being it hasn't changed at all to 10 being it's completely changed)
    - {1-10 Likert Scale}

10. **Do you feel adequately guided by the program in achieving your long-term career aspirations?**
    - {Yes/No}

11. **On a scale of 1-10, how much has your perception of teamwork and collaboration evolved since beginning the program?** (1 being it hasn't changed at all to 10 being it's completely changed)
    - {1-10 Likert Scale}

12. **Are there specific areas of the curriculum that you believe could be improved? If yes, please specify.**
    - {Open-ended response}

13. **Have you received a raise or new job title at work OR started a new job/career you're more passionate about since beginning the Elemental Recovery program?**
    - {Multiple choice- check all that apply}:
        - I received a raise at my current job since joining the program
        - I received a new job title at my current job since joining the program
        - I started a new job/career since joining the program
        - I am making more money since joining the program
        - I am more passionate about my job since joining the program
        - I was unemployed prior to the program and now I am employed
        - I was in a job that I disliked prior joining the program and now I have a job I enjoy more
        - I discovered my dream career and I'm taking steps toward it since joining the program
        - I've lost my job since joining the program
        - I've lost my job since joining the program, though I'm inspired to start a role at a job/career I'm more passionate about
        - Since joining the program, no change at my job has occurred

14. **On a scale of 1-10, how confident are you in applying the skills learned in the program to real-world work situations?** (1 being not confident at all to 10 being extremely confident)
    - {1-10 Likert Scale}

15. **On a scale of 1-10, rate the effectiveness of how much have you learned about your leadership style/technique that will be useful in your career path or career goal?** (1 being nothing at all to 10 being extremely effective)
    - {1-10 Likert Scale}

16. **On a scale of 1-10, how motivated are you to continue participating in the Elemental Recovery program each quarter?** (1 being not motivated at all and 10 being extremely motivated)

- {1-10 Likert Scale}

17. **Are there any topics or skills you would like to see included in future curriculum updates?**
    - {Open-ended response}

18. **How would you rate the program's ability to adapt to the changing needs of participants over time?** (1 being not able to adapt at all to 10 being extremely adaptable)
    - {1-10 Likert Scale}

19. **Have you recommended Elemental Recovery to others as a valuable resource for personal and professional development?**
    - {Yes/No}

20. **Would you like to share any additional comments or feedback about your experience with Elemental Recovery?**
    - {Open-ended response}

Participants can choose to opt-out or choose to only answer the questions they are comfortable sharing (forced responses are not required). Those who opt-in can use the survey to track their growth and development through the 365-day curriculum. Their survey result history will show up under their program tracker. A push notification will be sent to all participants every three months to have the option to take the survey. If participants opt to turn off their push notifications a pop-up notification will appear the next time that they open the application.

The data will be collected quarterly and aggregated annually for annual upgrades/updates. Their demographic information will be auto-populated from their profile. Additionally, a report will be filed on an annual basis to determine how many long lasting jobs and careers have been obtained by those who chose to utilize the survey option.