CHECKLIST

Weekly recovery progress check

- [ ] Notice how you reacted when a plan fell through this week
- [ ] Ask yourself whether you told the truth today without being pushed to
- [ ] Recall your last walk and whether you were actually present for it
- [ ] Check whether boredom led you somewhere nourishing or somewhere numbing
- [ ] Notice any small relaxing of tension from someone close to you
- [ ] Sit with an uncomfortable feeling for a few minutes before reacting to it
- [ ] Volunteer something honest rather than waiting to be asked