# Rebuild Your Recovery Blueprint – Strategic Recovery Worksheet™

Episode Companion Worksheet
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getstrategicrecovery.com

Most recovery plans fail because they’re built on shame, willpower, or outdated ideas.

This worksheet helps you design a new blueprint — one that fits your biology, psychology, environment, and soul.

## 🧱 Step 1: What’s Not Working?

List the strategies, beliefs, or patterns you’ve used in the past that haven’t helped — or have made things worse.

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## 🔍 Step 2: What Do You Actually Need?

Use your intuition. What kind of support, structure, healing, or wisdom does your recovery truly require?

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## 🎯 Step 3: Identify Your Personal Leverage Points

Where do you think you could get the biggest results with the smallest consistent effort?

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## 🛠️ Step 4: Draft Your New Recovery Blueprint

Sketch out a simple plan using the 5 Pillars of Strategic Recovery™ as your framework.

→ Biochemical Repair:

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→ Emotional Integration:

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→ Social/Relational Health:

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→ Environmental Alignment:

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→ Spiritual Connection:

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## 📜 Step 5: Name Your New Blueprint

Give your recovery approach a name that inspires you — something that makes it feel sacred and personal.

My Recovery Blueprint Name:

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