

■ Environment Audit for Recovery

Your surroundings are either fueling relapse or feeding your freedom. Use this worksheet to assess and intentionally shape your environments for healing.

■ Physical Environment

Look around your home, car, and daily spaces. What's supporting your recovery? What's holding you back?

Strengths (What helps)	Shifts Needed (What to change)

■ Digital Environment

Audit your phone, social media, and online time. Is it inspiring and supportive, or triggering and draining?

Strengths (What helps)	Shifts Needed (What to change)

■ Social Environment

Evaluate your relationships. Who builds you up? Who pulls you down?

Strengths (What helps)	Shifts Needed (What to change)

■ Energetic/Spiritual Environment

Feel into the energy of your spaces. Do they feel safe, sacred, and calming — or stressful and chaotic?

Strengths (What helps)	Shifts Needed (What to change)

■ Reflection & Action Step

From your audit, choose ONE small shift you can make today. Remember: small, consistent changes compound into lasting transformation.

My ONE Shift for Today: