



STRATEGIC RECOVERY

3 HIGH PERFORMANCE HABITS

THAT PREVENT RELAPSE

ALIGN YOUR DAILY HABITS WITH CLARITY, ENERGY, AND NECESSITY
SO ADDICTION LOSES ITS APPEAL AND YOUR **FREEDOM** BECOMES ANCHORED.



1

SEEK CLARITY



Know who you are.
Know where you're going.
Clarity creates direction,
alignment, and purpose.



2

GENERATE ENERGY



Fuel your body.
Strengthen your mind.
Regulate your nervous system.
Energy removes the need to escape.



3

RAISE NECESSITY



Connect to what matters most.
Build identity, commitment,
and purpose that make
relapse irrelevant.

WHEN THESE THREE HABITS WORK TOGETHER,

YOU BUILD A SELF THE SUBSTANCE NO LONGER FITS.



THEY STRENGTHEN YOUR IDENTITY

You stop living as someone in recovery and start living as someone becoming.



THEY REGULATE YOUR NERVOUS SYSTEM

Stability reduces triggers, impulsivity, and the need for escape.



THEY KEEP YOU ALIGNED DAILY

Alignment reduces internal conflict and decision fatigue.



THEY REPLACE OLD REWARDS

You build natural dopamine through progress, purpose, and connection.



THEY BUILD A LIFE WORTH PROTECTING

A meaningful, energized, purpose-driven life makes relapse irrelevant.

YOU DON'T PREVENT RELAPSE BY FIGHTING ADDICTION.

YOU PREVENT RELAPSE BY **BECOMING** SOMEONE ADDICTION CAN NO LONGER SERVE.