

**10 Actions & Attitudes to Fill This Time Out
Celebrate Recovery 4/20/2020**

1. **Make your Bed**
2. **Daily exercise – Nature**
3. **Daily reading**
4. **Memorization – Brain plasticity**
5. **Journaling- quiet forecasting time each morning**
 - a. **Past-feelings**
 - b. **Present -WWW What Went Well**
 - c. **Future- God’s vision for your future**
6. **Praise and worship into your daily routine**
7. **Keep connected to friends and to those who need a word of encouragement from you**
8. **Growing intellectually- find a passion, read books of interest. Try not to surf the internet.**
9. **Adopt New Leisure Endeavors**
10. **Giving – be a Giver**