

30 DAYS OF RECOVERY

One Day. One Choice. One Step Forward.

Recovery isn't about changing your entire life today. It's about making the next healthy choice—and then doing it again tomorrow.

Use this calendar as a daily guide. Each day includes one simple action and one question to help you become more aware of your thoughts, emotions, triggers, behaviors, relationships, and progress.

WEEK 1 — AWARENESS

Learn what is happening inside you before trying to change it.

DAY 1 — Your Reason

ACTION: Write down three reasons you want your life to change.

REFLECT: What am I fighting for?

DAY 2 — Identify Your Triggers

ACTION: Write down five situations, people, emotions, or places that can trigger unhealthy behavior.

REFLECT: Which trigger affects me the most?

DAY 3 — Thoughts → Feelings → Actions

ACTION: When something bothers you today, write down what happened, what you thought, what you felt, and what you did.

REFLECT: Did my interpretation influence my reaction?

DAY 4 — Pause Before Reacting

ACTION: When you feel triggered, wait 60 seconds before responding. Take several slow breaths.

REFLECT: What changed when I created space between the feeling and my response?

DAY 5 — Know Your Warning Signs

ACTION: Identify five signs that tell you you're becoming overwhelmed, stressed, angry, isolated, or vulnerable.

REFLECT: What does my body tell me before my behavior changes?

DAY 6 — Check Your Environment

ACTION: Remove one object, contact, app, situation, or other environmental cue that makes recovery harder.

REFLECT: Does my environment support the person I'm trying to become?

DAY 7 — Weekly Check-In

ACTION: Write down one thing you did well this week.

REFLECT: What did I learn about myself?

WEEK 2 — REGULATION

Learn how to respond instead of automatically reacting.

DAY 8 — Breathe Before You Decide

ACTION: Practice five slow breaths—in through your nose and slowly out.

REFLECT: How does my body feel afterward?

DAY 9 — HALT

Ask yourself:

Am I **Hungry**?

Am I **Angry**?

Am I **Lonely**?

Am I **Tired**?

ACTION: Address whichever one needs attention.

REFLECT: How does my physical or emotional state affect my decisions?

DAY 10 — Name the Emotion

ACTION: Instead of saying "I feel bad," identify the actual emotion: angry, afraid, lonely, embarrassed, rejected, frustrated, overwhelmed, etc.

REFLECT: What is this emotion trying to tell me?

DAY 11 — Move Your Body

ACTION: Walk, stretch, lift weights, or move intentionally for at least 20 minutes if you're physically able.

REFLECT: How did movement affect my mood?

DAY 12 — Delay the Impulse

ACTION: When you experience an unhealthy urge, delay acting on it for 15 minutes while doing something constructive.

REFLECT: Did the intensity of the urge stay the same?

DAY 13 — Reduce the Noise

ACTION: Spend 30 minutes without social media, television, or unnecessary phone use.

REFLECT: What thoughts appear when the distractions disappear?

DAY 14 — Weekly Reset

ACTION: Do something restorative today—rest, exercise, cook, attend a meeting, spend time outside, pray, meditate, journal, or talk with someone supportive.

REFLECT: What actually restores me instead of simply distracting me?

WEEK 3 — REBUILDING

Recovery isn't only about what you're leaving behind. It's about what you're building.

DAY 15 — Rebuild Self-Trust

ACTION: Make yourself one small promise today—and keep it.

REFLECT: What happens when my actions begin matching my intentions?

DAY 16 — Challenge the Thought

ACTION: Catch one negative thought and ask:

Is this completely true?

What evidence supports it?

What evidence challenges it?

What would I tell someone I care about?

REFLECT: What is a more balanced way of seeing this situation?

DAY 17 — Do the Opposite

ACTION: Identify one healthy thing you've been avoiding and take one small step toward it.

REFLECT: Was anticipation worse than actually doing it?

DAY 18 — Connection

ACTION: Call or message someone who supports the direction you're trying to go.

REFLECT: Who makes recovery easier rather than harder?

DAY 19 — Gratitude With Action

ACTION: Write down three things you're grateful for and do something that demonstrates gratitude toward one of them.

REFLECT: What am I beginning to appreciate again?

DAY 20 — Make Something Right

ACTION: Correct one small responsibility you've been avoiding, when doing so is appropriate and safe.

REFLECT: What unfinished business is taking up mental space?

DAY 21 — Look Back

ACTION: Compare yourself with Day 1 — not with someone else.

REFLECT: What has changed in the last three weeks?

WEEK 4 — BUILDING FORWARD

Start building a life you don't constantly need to escape from.

DAY 22 — Create a Morning Anchor

ACTION: Choose three things you'll do each morning before getting lost in the day.

Example:

Water

Make the bed

Five quiet minutes

REFLECT: How would consistency change my mornings?

DAY 23 — Create an Evening Anchor

ACTION: Create a simple 15-minute wind-down routine.

REFLECT: What helps me end the day instead of carrying it into tomorrow?

DAY 24 — Build Your Support List

ACTION: Write down five people or resources you can contact when you're struggling.

REFLECT: Who will I contact before things become a crisis?

DAY 25 — Identify Your High-Risk Situations

ACTION: Write down your three highest-risk situations and one response plan for each.

REFLECT: What can I prepare for instead of relying on willpower?

DAY 26 — Build Your Coping Toolbox

ACTION: Write down 10 healthy coping strategies you can use when you're stressed or triggered.

Examples:

Walking

Exercise

Calling someone

Music

Journaling

Prayer

Meditation

Recovery meeting
Breathing exercises
Leaving a triggering environment

REFLECT: Which three work best for me?

DAY 27 — Forgive the Old Version of Yourself

ACTION: Write down one past mistake you've been using as evidence against yourself.
Then write what you learned from it.

REFLECT: Can my past become information instead of my identity?

DAY 28 — Define the Person You're Becoming

ACTION: Finish this sentence:

"The person I'm becoming is someone who..."

Write at least five answers.

REFLECT: What would that person do today?

DAY 29 — BUILD YOUR PLAN

ACTION: Write down:

My biggest triggers: _____

My warning signs: _____

My three best coping strategies: _____

People I can call: _____

Places I can go: _____

Reasons I want recovery: _____

Professional/support resources I can contact: _____

REFLECT:

What will I do when I have a difficult day instead of assuming I won't have one?

DAY 30 — KEEP GOING

Look back at Day 1.

You didn't need to have everything figured out.

You needed to begin.

Thirty days doesn't mean the work is finished. It means you've spent 30 days practicing something different.

You've identified triggers.

You've practiced responding instead of reacting.

You've challenged thoughts.

You've strengthened coping skills.

You've reached toward connection.

You've begun rebuilding trust with yourself.

Now ask yourself:

What worked?

What didn't?

What did I learn about myself?

What do I want the next 30 days to look like?

Write one commitment:

For the next 30 days, I will _____.

WHEN YOU'RE HAVING A HARD DAY

Don't try to solve your entire life.

Ask yourself:

What am I feeling?

What triggered it?

What am I telling myself this means?

What do I feel like doing?

Will that action move me toward or away from the life I'm trying to build?

Then choose the **next healthy action**.

Not the next 30 actions.

Just the next one.

REMEMBER

A trigger is not a command.

A thought is not always a fact.

An emotion doesn't have to become an action.

A difficult day doesn't erase your progress.

Asking for help is an action, not a failure.

Recovery is built one decision at a time.

IMPORTANT

This calendar is an educational and personal-development resource and is not a substitute for medical care, behavioral health treatment, therapy, detoxification, or professional addiction treatment. Withdrawal from alcohol, benzodiazepines, and certain other substances can be medically dangerous. Individuals considering stopping a substance or experiencing withdrawal should seek appropriate medical guidance.

If you are in immediate danger or experiencing a medical emergency, call 911. In the United States, call or text 988 for the Suicide & Crisis Lifeline. SAMHSA's National Helpline is 1-800-662-HELP (4357) for treatment information and referrals.

CENSOZO | MINDSTRONG

Supporting the person. Supporting the journey.