

My Weekly Commitments to Myself

Month: _____

Recovery training consists of regular attendance at meetings, study of RI literature, and the practice of RI principles in daily life. All three parts are essential to acquiring self-leadership.

Week 1	<p>This week, I commit to these actions:</p> <p>Number of Meetings to Attend: _____</p> <p>Number of Study Sessions of RI Literature: _____</p> <p>Number of Examples to Write Out: _____</p>
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Week 2	<p>This week, I commit to these actions:</p> <p>Number of Meetings to Attend: _____</p> <p>Number of Study Sessions of RI Literature: _____</p> <p>Number of Examples to Write Out: _____</p>
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Week 3	<p>This week, I commit to these actions:</p> <p>Number of Meetings to Attend: _____</p> <p>Number of Study Sessions of RI Literature: _____</p> <p>Number of Examples to Write Out: _____</p>
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Week 4	<p>This week, I commit to these actions:</p> <p>Number of Meetings to Attend: _____</p> <p>Number of Study Sessions of RI Literature: _____</p> <p>Number of Examples to Write Out: _____</p>
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Knowledge teaches you what to do, practice shows you how to do it.

My 2023 Action Log

Each day, I will add notations to the calendar for the RI actions I take.

GETTING STARTED

WEB	Explored the <u>RI website and resources</u>
DS	Signed up for the <u>Daily Spot email</u>
BMH	Purchased the <u>Better. Mental. Health. for Everyone workbook</u>
MEM	Became a <u>Member of RI</u>

BEING SELF-LED

M	Attended a meeting
R	Read RI literature
E	Gave an example at a meeting
WE	Wrote out an example
5M	Initiated a 5-minute phone call/text
S5M	Spotted on a 5-minute phone call/text
FB	Gave an example in the private Facebook group*
SFB	Spotted on an example on the private Facebook group*
WW	Read the Weekly Wisdom email*
RR	Read the <u>Recovery Reporter</u> newsletter
WTS	Registered for a <u>workshop, training, or special member session</u>
WCM	Filled out the <u>Weekly Commitments to Myself</u> document
LE	Led an example at a meeting
AM	Assisted at a meeting
AWM	Assisted at a Welcome meeting
GLT	Registered for <u>Group Leader Training</u>

My
own
notations

* A benefit of membership

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Notes:

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes:

APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

30

Notes:

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Notes:

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Notes:

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes:				

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes:

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Notes:

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Notes:

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

31

Notes: