

## 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.

<b>Week 1</b>	<p><b>This week, I commit to these actions:</b></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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<b>Week 2</b>	<p><b>This week, I commit to these actions:</b></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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<b>Week 3</b>	<p><b>This week, I commit to these actions:</b></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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<b>Week 4</b>	<p><b>This week, I commit to these actions:</b></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 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</u> workbook
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*

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\* A benefit of membership