

DAY SIX FIELD GUIDE



CHOOSING YOUR NEXT RIGHT STEP

GUIDING QUESTION

What kind of person do I want to be in this moment?

TODAY'S INTENTION

Today, I will focus less on controlling what happens to me and more on choosing the next right step.

BEFORE YOU BEGIN

By now, you've learned that you cannot control every situation, what people say or do, or every emotion that shows up.

But you can always choose your next step. Recovery - and life - is not built on perfect days. It is built on thousands of small decisions that move you toward the person you want to become.

Every pause gives you another opportunity to choose. Not the perfect choice. The next right one.

MORNING REFLECTION

1. When life becomes difficult, what kind of person do I want to be?

2. What values do I want my choices to reflect?

☐ Kindness

☐ Compassion

☐ Courage

☐ Integrity

☐ Patience

☐ Gratitude

☐ Honesty

☐ Other: _____

☐ Humility

3. What is one small step I can take today that aligns with those values?

THE PAUSE CHALLENGE

TODAY'S MISSION

Whenever you find yourself uncertain today, ask one simple question:

"What is my next right step?"

Do not worry about tomorrow. Do not replay yesterday. Simply choose the next action that reflects the person you want to become.

NEXT RIGHT STEP LOG

SITUATION 1

What happened?

What options did I have?

What was my next right step?

How did it reflect my values?

SITUATION 2

What happened?

What options did I have?

What was my next right step?

How did it reflect my values?

SITUATION 3

What happened?

What options did I have?

What was my next right step?

How did it reflect my values?

EVENING REFLECTION

Which choice today made me the most proud?

When was it difficult to choose my next right step?

How did today's choices shape the person I am becoming?

What will I carry with me into tomorrow?

Every pause gives you the chance to choose your next right step.