



Wake Up Recovery

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Module Two:

Finding Your Purpose with Intention

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Every person provides the energy, positive or negative, that fuels his or her own life. You create the energy that moves through you so you can achieve and maintain your sobriety from bad habits or soft addictions such as the internet and/or shopping. These bad habits can also include love addiction, codependency, work, drugs and/or alcohol. Living on purpose and with intention means living with focus and clarity, with self-determination and an insatiable appetite to be the best you can be. It's about getting out of a negative mindset, turning up the positive frequency, and going after what you most desire.

Activity #1:

Do you know your “why?”

Examples: to be a great parent, to have a successful career, to make a difference in the world

Take out a piece of paper, ask yourself, and write down the following:

- What dreams did you have as a child?
- What dreams do you have as an adult?
- Take a moment to reflect on your dreams. Have any of them come true?
- Have your dreams manifested in unexpected ways?
- How have your dreams changed or evolved since you were a child?

After taking a moment to think about the dreams that you had as a child and the dreams that you now have as an adult, what new dream will you create?

Write down your new dream in 2-3 sentences. Speak your new dream out loud. Speak from a place of confidence, as if your dream has already manifested.

The confidence heard in your voice tells the universe what events you desire to have manifested in your life.

Activity Debrief Questions:

“What did you notice about the dream you had as a child and the dream you have as an adult?”

“Did your dream change a great deal or is it still the same?”



My Notes:



Activity #2:

One way to help organize your thoughts about your life purpose is by asking yourself some questions and writing down the answers. The process of organizing and writing down your thoughts can help clarify your current situation, how you would like to move forward in your recovery, and in your life. Keeping track of your progress will also remind you of how much you have accomplished.

On a notepad, journal or piece of paper, make a list of five things you would like to accomplish that will enrich your life or recovery process. Do this by completing the sentence, "My life/recovery is enriched when _____."

Examples might include:

Ask yourself what you are tolerating in your life that keeps you from accomplishing your life purpose/recovery goals. Complete the sentence, "I cannot reach my recovery/life purpose goals because _____."

List five action steps you will take in the coming week to begin reaching your recovery and life purpose goals, so you can fulfill your deepest desires.

At the end of the week, ask yourself, "What have I done this week toward reaching my recovery/life purpose goals?"

Now that you know what you have accomplished this week, complete the sentence, "I feel _____ as I move closer to reaching my purpose."



My Notes:



Activity #3:

Remember that in order for your dream to manifest into reality, you must take action. You must have forward momentum towards your dream.

What is one action step that you are willing to do right now, that will put you on the right path? Take a moment to write that one action step down on a Post-It. You don't have to share it with anyone. This written action step is a promise that you are making to yourself, that honors your commitment to your vision and towards you living your life... on purpose with intention.

Tip: keep this Post-It in your wallet or in your purse. By having the physical representation of the verbal promise you have made to yourself, you will have a concrete reminder that you are destined to achieve your goals and live your dream.



My Notes:



Module Two Affirmations & Meditation:

Affirmations:

- I radiate confidence into the world.
- I radiate generosity into the world.
- I give gratitude to the world.

Meditation:

Many of us are impulse driven by our immediate need for gratification. Without a conscious awareness of negative habits and behaviors that sabotage your efforts to live your purpose with intention, you will fall into the same self-damaging patterns over and over again. We all need to regularly center ourselves and create inner silence to remain in alignment with our purpose with intention. Set aside 15 minutes to meditate. This will silence the internal and external noise that will create chaos in your everyday life.

- Take 3 deep breaths and close your eyes. Concentrate on your breaths. As you are doing this remind your body and mind that they are at peace.
- Breathe in deeply and exhale slowly.
- Become aware of the stillness of your mind, allowing the universe to communicate with you.
- As thoughts enter your mind's eye, acknowledge the thoughts but do not linger with them. As quickly as they enter your mind, let them return to the universe.
- Continue to tell yourself that your soul is at peace, your mind is quiet, your body is still, and you are willing to listen to the universe.
- Your mind feels light and free from worries.
- You become aware of the state of your real nature, becoming calm, relaxed, and comfortable being alone and only concentrating on maintaining peace and stillness.
- As you concentrate on the thoughts that enter your mind, stay with them for a moment, envision those feelings turning into a white light, a warm and safe white light, slowly leaving your mind and returning to the universe.
- Repeat out loud: "I radiate peace & light into the world. I radiate love into the world. I release positive energy into the world."
- As you concentrate on your breathing, slowly count to 10. When you have reached the number 10, remind yourself that your soul is at peace, you are one with the stillness that you have created in your mind and spirit.
- You feel content. You feel complete. You are whole.