

## Daily Recovery Action Plan How-To

**Morning Reading** **Yes / No**  
*(Such as Big Book, daily devotional, etc.)*

**Morning Prayer/Meditation** **Yes / No**  
*Focus on connecting with your Higher Power to acquire the power you need so you can overcome the obsession for “using” today. Speak out positive affirmations.*

**Thought for the Day**  
*Write out the positive thoughts that come to your mind after your reading, prayers and meditation.*

**Review Plan for the Day**  
*What am I going to do today that I planned for last night?*

**Mid-Morning Check-in Prayer** **Yes / No**  
*Reconnect with your Higher Power for more strength and guidance for the day.*

**Mid-Afternoon Check-in Prayer** **Yes / No**  
*Reconnect with your Higher Power for more strength and adjustment of direction for the remainder of the day.*

**Problem of the Day & Solution**  
*Identify and write down the biggest problem of the day and the solution to it.*

**Step Work** **Yes / No**  
*Continue appropriate Step Work as it relates to your current life situations.*

**On Step:**  
*Note what step you are working today.*

**Contacted Sponsor** **Yes / No**  
*Make contact with your sponsor on a regular basis to discuss situations and life decisions currently contemplating as well as to help with Step Work.*

**Activity w/ Sponsor**  
*Write out the thoughts that came from the connection with your sponsor.*

**Meetings Today** **Yes / No**  
*Go to AA/NA meetings for regular spiritual/emotional/social nourishment for yourself as well as to help others.*

**Meeting Insights**  
*Write out insights, thoughts, etc. gained from meeting.*

**Accomplished Today’s Plans** **Yes / No**  
*Did you succeed in completing “set” daily plans/goals?*

**Plan for Tomorrow**  
*Write down tonight your plans (especially recovery plans) for tomorrow.*

**Rating for the Day** **Great / Okay / Bad**

**Why Rating Chosen?**  
*Rate the quality of your day based on your feelings and completion of recovery work for the day –describe your day as – “great”, “okay”, “bad”. Write down why.*

**End of Day Reading** **Yes / No**  
*Close out the day with positive meditative reading before going to bed so that your mind is “set” on positive things while you are sleeping, include positive reading and/or affirmations.*

**End of Day Prayer** **Yes / No**  
*Thank your Higher Power for the day, and list what you are grateful for. Make your requests known to your Higher Power.*

Record your daily activities on the **Weekly Summary Recovery Action Plan**. Note your progress and areas of struggle to discuss with your sponsor.



# Daily Recovery Action Plan

Morning Reading Yes / No

Morning Prayer/Meditation Yes / No

Thought for the Day

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Review Plan for the Day

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Mid-Morning Check-in Prayer Yes / No

Mid-Afternoon Check-in Prayer Yes / No

Problem of the Day & Solution

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Step Work Yes / No

On Step: \_\_\_\_\_

Contacted Sponsor Yes / No

Activity w/ sponsor

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Meetings Today Yes / No

Meeting Insights \_\_\_\_\_

Accomplished Today's Plans Yes / No

Plan for Tomorrow

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Rating for the Day Great / Okay / Bad

Why Rating Chosen?

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End of Day Reading Yes / No

End of Day Prayer Yes / No

Track your actions daily, weekly and monthly to see your results and to reinforce the progress you are making. Remember, the program works if you work it.

See our website for examples and more helpful resources.

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## Weekly R.A.P. Summary Sample

Category	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Reading	Yes	Yes	No	No	Yes	Yes	Yes
Morning Prayer/Meditation	Yes	Yes	No	No	Yes	No	Yes
Thought for the Day	Need Power from God	God present, not alone	Need something to get thru day	Want to use!	Connected to HP = strength	My life too fast, slow down	Life sober is good
Review Plan for the Day	Yes	Yes	No	No	Yes	Yes	Yes
Mid-Morning Check-In Prayer	Yes	No	No	No	No	Yes	Yes
Mid-Afternoon Check-In Prayer	Yes	No	Yes	Yes	Yes	Yes	Yes
Problem of the day	Seeking attention from married woman	Lied to my boss	Anxious and mad at boss	Nobody cares about me!	Lonely	Mad at parents	None!
Step Work	Yes/Step 4	No	No	No	Yes	Yes	No.
Contact Sponsor	Yes	No	No	Yes	Yes	Yes	No.
Meeting	Yes	Yes	No	Yes	No	Yes	Yes
Accomplish Daily Plan	Yes	No	No	Yes	No	Yes	Yes
Plan for Tomorrow	2 meetings & see sponsor	1 meeting see sponsor	Call sponsor go to meeting.	Go to meeting, admit lie - boss	Admit lie to boss	Apologize to parents	Go to 2 meetings
Rating for Day(Great/Ok/Bad)	Great	OK	Bad	Bad	Bad - OK	Great	Great
End of Day Reading	Yes	No	No	Yes	Yes	Yes	Yes
End of Day Prayer	Yes	Yes	No	No	Yes	Yes	Yes



## Weekly R.A.P. Summary

Category	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Reading							
Morning Prayer/Meditation							
Thought for the Day							
Review Plan for the Day							
Mid-Morning Check-In Prayer							
Mid-Afternoon Check-In Prayer							
Problem of the day							
Step Work							
Contact Sponsor							
Meeting							
Accomplish Daily Plan							
Plan for Tomorrow							
Rating for Day: Great/OK/Bad							
End of Day Reading							
End of Day Prayer							



## Monthly R.A.P. Flow Sample July 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Great - No Problems	OK - Lied	Bad - Mad at boss	Bad - Nobody cares	Bad - Okay Lonely	Great - Admit lying	Great - No Problems
8	9	10	11	12	13	14
OK - Lonely	OK - Depressed	Great - Accomplished all plans	Great - Step 4 was great w/sponsor	Bad - Lied	Okay-Lonely	Great - Did step 5
15	16	17	18	19	20	21
Okay - Lonely	Okay - Sponsor cancelled	Great - Did step 6	Great - Completed all plans	Bad - Fight w/ friend	Great - Admitted my wrongs	Ok - Lonely
22	23	24	25	26	27	28
Great - No problems Canoe Trip	Great - No problems good meeting	Bad - Lied to friend	Okay - Mad at friend	Great - Admitted wrong to friend	Okay - Missed meeting	Great - Met w/sponsor, did step 7

FORMAT: Daily Rating: Great/OK/Bad

Reason for above rating: problem/solution/hi-lite for the day



