

## Foundation Checklist

A **strong foundation** is a crucial part of rebuilding structure in your life. Without the systems in place all will crumble under the pressure of the world. This is true for your personal recovery.

### These Systems Include:

- A Structured Balanced Lifestyle
- Modification of Your Behaviors
- Honesty, Humility and Accountability

We are honored that you have chosen Building 12 for your restructuring life process. We believe and have faith in you and understand that many of these systems were never part of your daily routine. A life without structure is nothing but chaos. To set you up for success we have created a daily life plan to modify your behaviors and assist you in finding a structured daily recovery plan, for the strongest foundation in recovery to weather the strongest storms that life may bring.

Maintain this daily checklist and your life will get better. Remember we can offer you the platforms, but you must have the desire to change and surrender to the process. **It's your life...Live it!**

- Rise up; thank God for another day by 9am – attend morning meditation
- Live today with integrity and purpose
- Schedule your day and stick to it
- Handle all legal and medical issues – set and make all appointments
- Go to a meeting (recovery based)
- Call your sponsor everyday (meet once a week for step work)
- Make mandatory house meetings – be on time and don't miss any
- Follow all house rules and practice self-control
- Eat well and rest well
- Complete 10th step every evening – thank God for another day alive, and leave it behind you
- Pray and sleep well

We care about your recovery, you deserve this in your life, but it's up to you. Try it for 30 days and if there is no change we will refund your misery. Please complete this checklist daily and turn it in at every house meeting. This is on an honor system and with the help of your mentors and peers you may have a fighting chance to stay alive and finally find some peace and comfort with in.