ONE ROOM AT A TIME.

RENOVATED RECOVERY

REAL RECOVERY. REAL EXPERIENCE. REAL TOOLS.



by Kit Roberts

WELCOME MODULE

WELCOME HOME



beginning your renovation

You are not simply trying to stay sober. You are beginning to build a life that feels worth staying sober for - a life that is happy, healthy, and whole.



KEY IDEA

Recovery is not about fixing what is broken. It is about rebuilding what may never have been properly supported.

STARTING POINT

Check what feels true for you today.

- [ ] I want more than simply getting through the day
- [ ] Parts of my life feel unsupported or unstable
- [ ] I have had to begin again more than once
- [ ] I want to trust myself more
- [ ] I need more intention and structure
- [ ] I am ready to build one room at a time

WELCOME REFLECTION

1. What brought me to this course now?
2. What am I hoping will feel different?
3. What does a life worth staying sober for mean to me?
4. What would help me feel more grounded?



LOOK BENEATH THE SURFACE

What part of my life may never have received the support it needed?

NEXT RIGHT STEP

Choose one area of your life you are willing to approach with honesty and curiosity.

You do not have to do this perfectly.



A RENOVATION MINDSET

you are not broken

A renovation begins by seeing the property clearly. This is not an inspection designed to shame you. It is a way to notice what is strong, what needs support, and where rebuilding may begin.

REMEMBER

Recovery is hard because it asks you to change how you live, not only what you stop.

OLD BELIEF OR RENOVATION TRUTH?

I am broken	**I am rebuilding**
I should have this figured out	**Growth takes time**
Needing support means I am weak	**Support strengthens the foundation**
A setback means I have failed	**I can learn and begin again**
I should be able to do this alone	**Recovery was never meant to be done alone**

WHAT HAVE I BELIEVED ABOUT MYSELF?

WHAT AM I LEARNING TO BELIEVE INSTEAD?

MY RENOVATION TRUTH

I am not broken, I am :

Rebuilding is evidence of courage.



YOUR FOUNDATION SNAPSHOT

notice what is strong and what needs support

Rate each area from 1 to 10. This is information, not a grade.

RECOVERY SUPPORT	RATING	WHAT INFLUENCED IT?
Physical health		
Emotional well-being		
Relationships		
Home environment		
Work or purpose		
Finances		
Rest and recreation		
Spiritual or personal growth		
Trust in myself		

STRONGEST AREA

What am I already doing that supports this area?

AREA NEEDING SUPPORT

How could improving this area strengthen my recovery?

FOUNDATION FOCUS

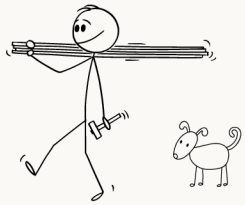
The area I am ready to strengthen first is:

One small step I can take:



WHAT DO YOU WANT TO BUILD?

happy, healthy, and whole



Recovery is not about proving something to the world. It is about building something solid inside yourself - something that can hold joy, responsibility, peace, and purpose without collapsing under pressure.

HAPPY

A happy life does not mean feeling happy every moment. What would genuine contentment or enjoyment look like?

HEALTHY

What would caring for your physical, emotional, relational, and spiritual health look like?

WHOLE

What would it mean to live without hiding, separating, or abandoning parts of yourself?

A LIFE WORTH STAYING SOBER FOR WOULD INCLUDE

NEXT STEP TO REMEMBER

Not perfect. Not Painless. Grounded.

One room at a time.



YOUR RENOVATION INTENTION

how you want to approach the work

During this course, I want to be more honest about:

1

KEY IDEA

You do not need to binge the course. The real work happens when you pause, reflect, and put one idea into action.

1. I want to become more intentional about:

2. I want to stop judging myself for:

3. I want to begin trusting myself to:

4. When this work feels difficult, I will remind myself:

HOW I WILL USE THIS WORKBOOK

- [ ] I will move slowly instead of rushing
- [ ] I will pause when a question brings up something important
- [ ] I will answer honestly without demanding perfection
- [ ] I will ask for support when I need it
- [ ] I will return to the exercises when life gets difficult

MY APPROACH

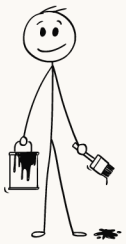
I do not have to do this perfectly. I only have to:

Stay present. Stay willing.



YOUR FIRST RENOVATION STEP

small, specific, and realistic



You do not need to renovate your entire life today. Choose one area and one action.

THE ROOM THAT NEEDS ATTENTION

- ☐ Recovery support
- ☐ Physical health
- ☐ Spiritual health
- ☐ Personal relationships
- ☐ Finances
- ☐ Work or purpose
- ☐ Something else

WHY THIS AREA MATTERS

ONE SMALL IMPROVEMENT I CAN MAKE

THE SUPPORT I MAY NEED

WITHIN THE NEXT 24 HOURS

I will:

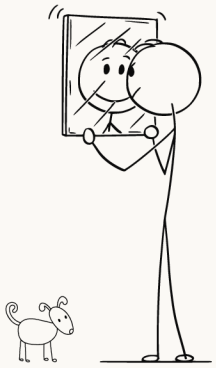
I will do this by:

My support person:



CLOSING REFLECTION

welcome to the renovation



The strongest part of my foundation right now is:

The part of my life most in need of support is:

Something I am ready to rebuild is:

Something I want to stop believing about myself is:

Something I want to begin believing is:

The life I want to build is:

MY REMINDER TO MYSELF

Write one sentence you can return to when the renovation feels difficult.

WELCOME HOME

You are not required to have everything figured out. You are simply being invited to live differently - with intention, structure, self-trust, and support.

Room by room. Decision by decision.

