

## The three P's: Plan Purpose Passion

If we fail to plan, we plan to fail. Use REMAP and FUN to make your plan.

REMAP: Reading, Exercise, Meditation, Action/Anonymous Service Work (When/where possible), and Prayer

READING: Any recovery literature is good reading (Bible, BB, 12x12, Daily Reflections, 24 Hour Book, Day by Day, etc.), and even material that's just relaxing and not recovery related "after" reading something that stimulates mental and spiritual recovery growth.

My reading (Include that here):

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EXERCISE: Any exercise is good exercise even if it's just walking in the house and using rubber bands for the muscles. This includes eating better. Slow down with the junk food. The body needs nutrition and exercise to help the brain work.

Here's my exercise and food program (Include that here):

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MEDITATION: Listen quietly and focus on whatever or whomever you call your Higher Power. Maybe a thought comes to mind. Meditate on that thought. Or focus on a word or phrase from a prayer or reading and how it applies. The Serenity Prayer is a go-to for lots of folks (Just search Serenity Prayer on-line).

Here's my meditation program (Include that here):

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ACTION / ANONYMOUS: If you want to feel good about yourself, do something for someone else. This includes service work. Do something for someone and when possible don't tell anybody about it. This act keeps us humble and out of our heads. God wants us to be helped and to help others.

Service work opportunities (Include them here):

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PRAYER (Some prayers are random as they come to mind, others are on a list, and still others may be recited like Psalms 23, the Serenity Prayer, etc)

My prayers are (Include them here):

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REMAP is a tailored individual journey between you and God. We often wonder where to begin. REMAP is the beginning and it grows based on your journey with whatever or whomever you call your higher power. Write REMAP out and determine how each area works for you. It's your journey.

FUN – Setting goals. The Second part of your plan.

Use FUN (Focus, Use Your Tools, No Plan B) to make a POA (Plan of Action)

#### FOCUS

Goals! Make short, mid, and long term goals. Categorize them (finances, exercise, weight loss, career, hobbies, vacation, retirement, etc). Don't hold back. Nothing at this point is impossible.

My short-, mid-, and long-term goals are:

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#### USE YOUR TOOLS

Family, friends, counselors, shrinks, therapists, recovery meetings, research, or anyone or anything that will help you meet your goals.

Tools to help me with my goals are (Include them here):

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NEVER QUIT. No plan B. The more challenging the goal, the better the reward! Be disciplined and determined. REMAP for personal strength. If there is a higher power, then there must be a lower power. You were made to win, remember that. The lower power wants to destroy you. We have two purposes in this life and only two. Get right with your Higher Power and set an example for everyone else.

This is how I stay motivated (Include ideas here):

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FUN - have fun on your journey. Surf the wave of crap and stay on the course even if you don't see land in sight. Believe in yourself, in God, surround yourself with winners. Have faith, hang on to hope. Make time for self-care. Make a "My Buzzword" list of characteristics, attitudes, and behaviors you want to see, and others to see in you. For example, if you choose, start with discipline, determination, and gratitude.

#### MY BUZZWORD LIST

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Remember, God can move mountains but we gotta bring the shovels!

PROGRAM includes your PLAN, your REMAP and FUN.

PURPOSE is your legacy. Leave your legacy on hearts, not a tombstone. Remember the movie City Slickers? Mitch asks Curly how do I find that "one thing" that's basically worth living for. Curly tells Mitch that's something he's gotta find. Find your purpose and you'll find what's worth living for. Yeah, this is a tough one. For many of us it took years to find our purpose, so God speed with this one. And it's okay to have a temporary one. You always reserve the right to change your mind.

MY PURPOSE IS:

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PASSION is the feeling or emotion you have that drives your purpose. If you aren't passionate about something, don't do it. Well, unless it pays the bills. Even then, if you hate your job, use REMAP and FUN to find the job that gives you passion.

MY PASSION IS:

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Let's say the average age is, for illustrative purposes, 80. That gives us 29,200 days to live our lives. Don't waste a day. Make it a point to be the best you that you can be.