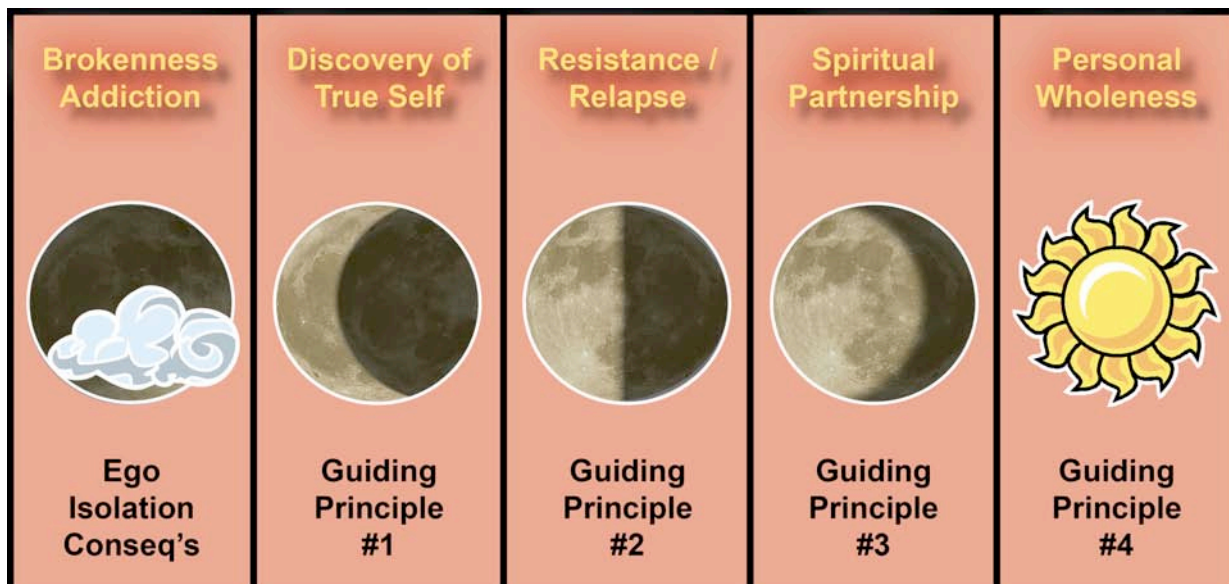


Personal Wholeness Chart



GUIDING PRINCIPLES

1. Know, and follow, Who I really am (true self).
2. Establish a sincere sober journey leading to stable recovery.*
3. Partner with a Spiritual Source (Higher Power).
4. Personal Wholeness becomes the motivating drive and ultimately the source of fulfillment once sought in addictions.

* *The Roadmap to Lifelong Recovery* book can serve as a guide to build an individual plan to follow.

Personal Wholeness Characteristics

- An abiding sense of inner and outer **peace**.
- **Harmony** among the physical, emotional, mental & spiritual aspects of life.
- **Absence of drama** or crisis despite external interruptions or stress.
- Clarity of one's **dream in life** with motivation to strive for it.
- Living according to **one's life purpose**, ideally daily.
- **Significant meaning** from living out one's dream and purpose.
- An attitude of **lifelong character growth** and **intellectual curiosity**.
- **Serving others** with one's gifts as a privilege and responsibility.