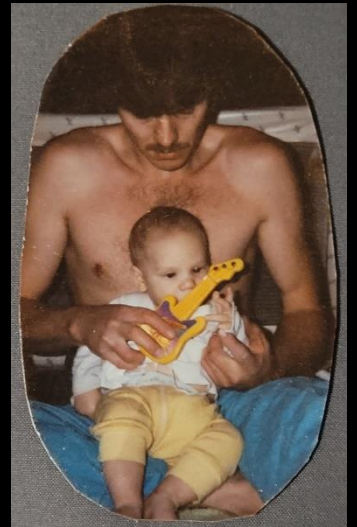


Disruption, Discovery & Balance: with Greg Parnell



A RECOVERY JOURNEY OF FINDING BALANCE IN A SOMETIMES-CHAOTIC WORLD

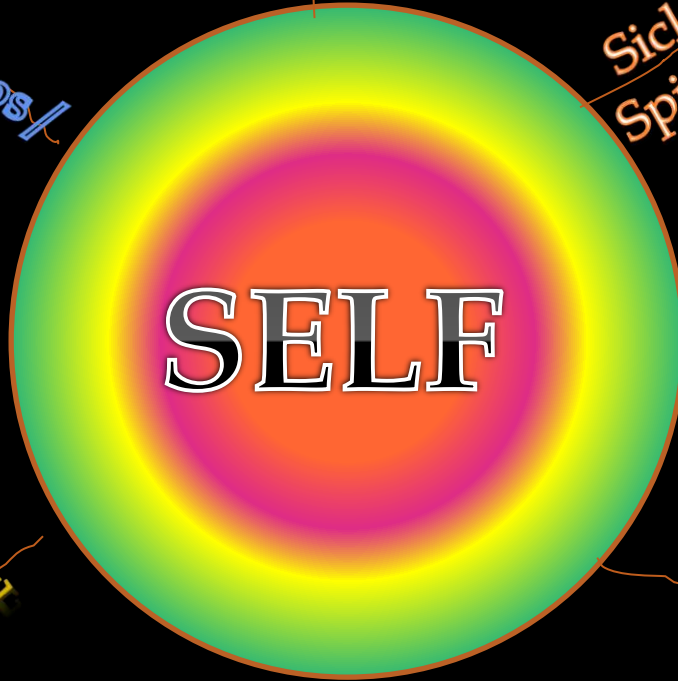
EVOLUTION



NO MOTIVATION - 0 GOALS

*Dysfunctional Relationships/
Family Issues*

*Sick and Tired Physically,
Spiritually and Emotionally*



*Addictions/ Obsessive
Compulsive Behaviors*

*Depression / low
self esteem*

*Unreliable / Blame
Irresponsible*

**SPIRITUAL VOID
NO SENSE OF PURPOSE**

**Isolative/
Hopeless**

SELF PORTRAIT ... WHAT ARE SOME AREAS OF YOUR LIFE YOU WANT OR NEEDED TO CHANGE TO GROW AND BE WHO YOU WANT TO BE

OMG... IF I COULD ONLY FEEL LIKE I BELONG

PLEASE GOD HELP ME/WHAT IS GOD?

NO ONE WANTS TO BE AROUND ME; I MUST REALLY SUCK!

I SCREW UP EVERYTHING I TOUCH, I AM WORTHLESS.

I NEED TO STOP USING, BUT CAN'T, I DON'T LIKE TO FEEL.

MY WORLD IS SO F!@#\$D UP.

WHY IS S EVERYONE SO MEAN TO ME.

THIS IS EVERYONE ELES'S FAULT.

I AM A HOPELESS, WORTHLESS PIECE OF.....

WISH I WAS DEAD, I AM NO GOOD TO ANYONE ☹

WISE WORDS



BRUCE LEE SAID:

Don't speak negatively about yourself, even as a joke. Your body doesn't know the difference. Words are energy and cast spells, that's why it's called spelling. Change the way you speak about yourself and you can change your life. What you're not changing, you're also choosing.

**WILLINGNESS
TO CHANGE**

HOPE

12 STEP GROUPS

**SELF-HELP
BOOKS**

W.R.A.P.

**SELF-REFLECTION &
AWARENESS**

PEER SUPPORT

**LEARNING TO SEE MY
WORTH AND
ACTUALLY BELIEVE IT**



**SELF -
DISCOVERY**

SELF-DISCOVERY: WHAT WERE/ARE THE MOMENTS THAT INSPIRED YOU TO CHANGE AND
WHAT HELPED/HELPS YOU GET THERE

ROCK BOTTOM...I WANT TO CHANGE...BUT HOW?

WHAT IS HOPE...HOW DO I GET IT

GO TO THOSE MEETING WHERE THEY SHARE FEELINGS

READ - JOHN BRADSHAW & MELODY BEATTIE

W.R.A.P. GAME CHANGER

SUPPORT FROM MY RECOVERY COMMUNITY PEERS & BEYOND

AFFIRMATIONS... THAT AFFIRM THAT I AM A DESERVING INDIVIDUAL

MY SPONSER & THE LIPSTICK

PEERS...PEERS...PEERS

12 BIG STEPS

EXERCISE

ZUMBA

DIET

DR. VISITS

SLEEP

MEDICATION

MEDITATION

**MIND, BODY
AND SPIRIT**



**HEALTH AND
NUTRITION**

HEALTH & NUTRITION: WHAT ARE THE AREA YOU INCOPORATE OR NEED/WANT TO INCORPORATE RELATED TO FOOD AND HOLISTIC HEALTH

EXERCISE... GET MOTIVATED

ZUMBA® ... MORE ON THAT LATER

DIET, FINDING FOOD THAT IS ACTUALLY GOOD FOR YOU. EAT WITH INTENTION

ACTUALLY SEE A DR. WHEN SOMETHING AIN'T RIGHT

SLEEP... ACTUALLY PAYING ATTENTION TO HOW I SLEEP..... AND MAKE SURE I GET ENOUGH

TAKE MEDICATION AS PRESCRIBED WHEN NECESSARY

MEDITATION... LEARNING HOW TO STOP... AND JUST BE... INTENTIONALLY.

INTENTIONALLY FOCUSING ON WHAT I PUT IN MY MIND, IN MY BODY, HEART AND HOW I NUTURE MY SPIRIT.

HOW CAN PEER SUPPORT HELP?

AM I INTENTIONALLY FOCUSING ON BALANCE IN THESE AREAS?

HIGHER POWER

**PRAYER AND
MEDITATION**

**MORALS /
VALUES**

**CONNECTING
TO YOUR
UNIVERSE**

**GETTING BACK
TO NATURE**



SPIRITUALITY: WHAT DOES SPIRITUALITY MEAN TO YOU. ARE THE AREAS YOU NEED/WANT TO PARTICIPATE IN MORE, OR NEW FRONTIERS TO EXPLORE ?

WHAT IS MY CONCEPT OF A HIGHER POWER?

HOW DO I PRAY AND/OR MEDITATE. OR AM I, "WHITE KNUCLIN THE ROSERY?"

DO I EXAMINE MY VALUES AND WHAT ARE THE MORALS I LIVE BY?

HOW DO I CONNECT WITH THE PEOPLE AROUND ME; HOW DO I CONNECT TO "MY" UNIVERSE?

DO I TAKE NATURE FOR GRANITE, OR DO I GO WITH INTENTION TO FULLFILL MY SPIRIT?

DO I TAKE TIME TO SEE & SMELL THE ROSES OR JUST PASS THE BY?

DO I SMILE AT STRANGERS AND PRACTICE RANDOM ACTS OF KINDNESS?

DO I INTENTIONALLY FOCUS ON BEING PESENT?

DO I HAVE A SENSE OF PURPOSE?

DO I BELIEVE LIFE IS SACRED AND SHOULD BE EMBRACED

NEW INTEREST

WHAT IS OUT THERE

H.S. DIPLOMA

G.E.D.

COLLEGE

TECHNOLOGY


PEER SUPPORT

SPECIALIST

**DREAM CATCHERS /
VOCATIONAL REHAB**

Financial

Responsibility



**EMPLOYMENT
/ EDUCATION**

EMPLOYMENT & EDUCATION: WHEN IT COMES TO THIS TOPIC, ARE YOU SATISFIED WHERE YOU'RE AT. WOULD LEARNING NEW SKILLS BE HELPFUL. SKY IS THE LIMIT

AM I SATISFIED WITH MY CURRENT JOB, WHAT COULD MAKE IT MORE FULLFILLING?

HAVE I GOT A G.E.D. OR H.S. DIPLOMA?

IF NOT, WHATS HOLDING ME BACK?

DO I WANT TO GO TAKE SOME CLLEGE COURSES?

LEARN TECHNOLOGY OR MAYBE A TRADE?

AM I IN A PLACE THAT VOC. REHAB OR DREAM CATCHERS COULD HELP.

MOST IMPORTANT, CAN I BECOME MORE FINANCIALLY RESPONSIBLE?

IS THERE MORE TRAININGS FOR MY PEER SPECIALIST ARSONAL?

IS THERE A ZUMBA OR GROUP FITNESS CERTIFICATION I'M INTERESTED IN?

HOBBIES

MUSIC

SPORTS

DANCING

CAMPING

CONCERTS

PHOTOGRAGHY

NATURE

TEACHING

FITNESS

CLASSES



RE-CREATION

RE-CREATION: HOW ARE YOU DOING PLANNING TIME FOR FUN ACTIVITIES. ARE THERE THINGS YOU WANT/NEED TO BE MORE INTENTIONAL ABOUT. NEW THINGS TO EXPLORE ?

WHAT ARE MY HOBBIES, AM I DOING THEM AS INTENTIONAL WELLNESS?

DO I REALLY REALIZE HOW IMPORTANT MUSIC IS TO ME?

I REALLY ENJOY WATCHING AND PLAYING SPORTS.

DANCING. HOW DID SOMETHING LIKE THIS BECOME SO IMPORTANT?

I LOVE TO CAMP, AM I DOING IT AS OFTEN AS I'D LIKE?

OH MAN, CONCERTS... My Fav

NATURE. YAY... I CAN SOCIAL DISTANCE.

CONFERENCES AND AMUSEMENT PARKS.

CRAFTING. CREATING

TEACHING ZUMBA CLASSES

FAMILY

FRIENDSHIPS

FELLOWSHIPS

INTIMACY

PEER SUPPORT

WORK & SCHOOL

**WORKING TOWARD
DEVELOPING
FUNCTIONAL
RELATIONSHIPS**



**RELATION -
SHIPS**

RELATION-SHIPS: WHAT AREAS AND WHAT SPECIFIC RELATIONSHIPS NEED ATTENTION,
NEED IMPROVEMENT, OR NEED TO LET GO ?

FAMILY... AM I STAYING CONNECTED AND DOING MY PART & WHERE DO I NEED TO LAY DOWN SOME BOUNDRIES?

SAME WITH MY FRIENDSHIPS ARE THE ONE SIDED AND AM I SACRIFICING MY WELLNESS TO STAY CONNECTED?

IN MY INTIMATE REALATIONSHIPS, ALL THE ABOVE.

PEER SUPPORT RELATIONSHIPS: AM I SHARING MY EXPERIENCE, STRENGTH AND HOPE AND BEING POSITIVE? AM I RECEIEVING?

DO I TREATMY PEERS AT WORK OR SCHOOL AS EQUALS

AM I WORKING TOWARDS MAKING AND KEEPING MY RELATIONSHIPS FUNCTIONAL & MEANINGFUL BECAUSE OTHERWISE THE RELATION-SHIP CAN SAIL AWAY☺

NO MOTIVATION - 0 GOALS

**Sick and Tired Physically,
Spiritually and Emotionally**

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Compulsive Behaviors**

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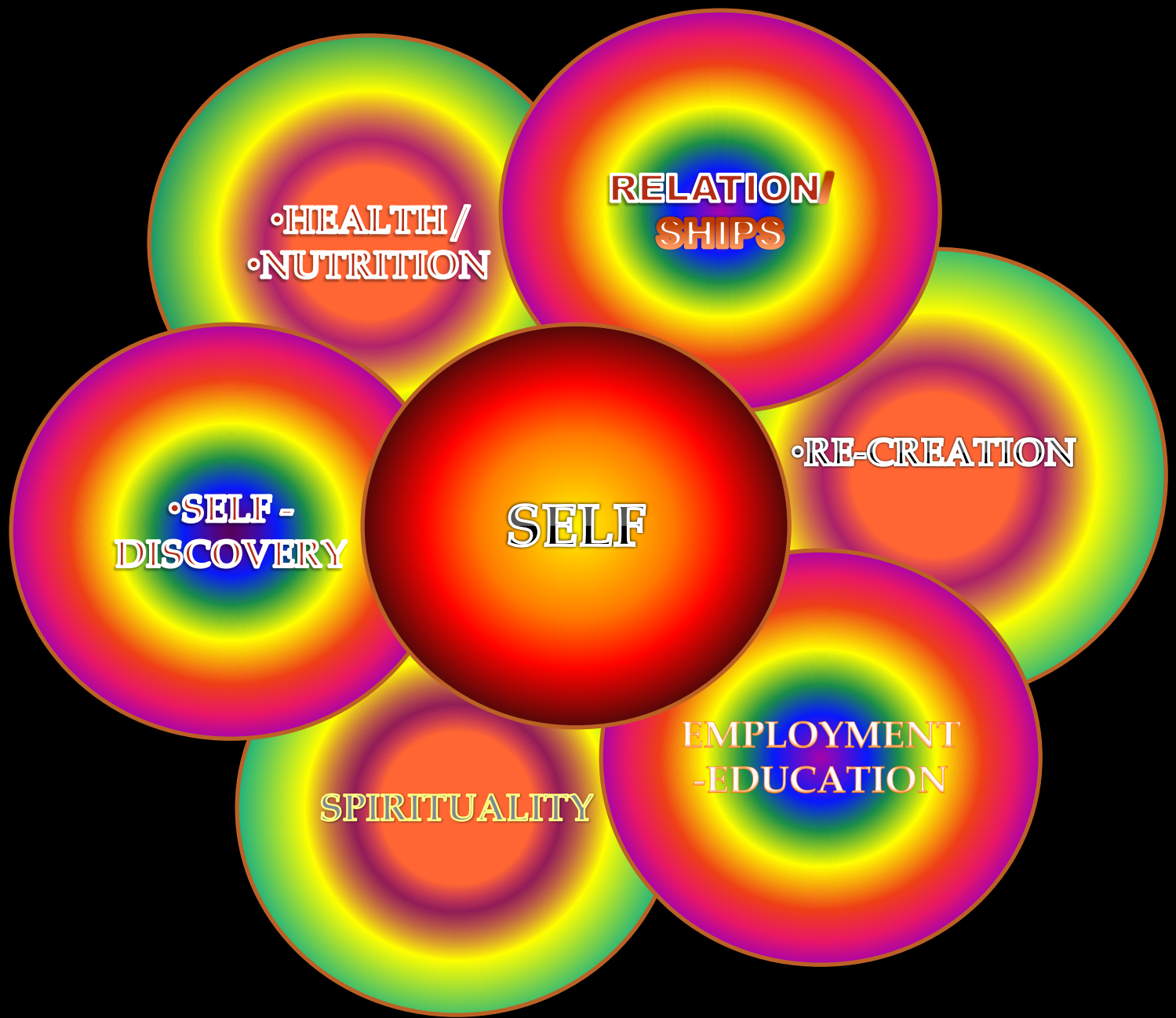
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**Dysfunctional Relationships /
Family Issues**



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BALANCE: WHAT IS YOU'RE PLAN TO CREATE BALANCE IN YOUR LIFE. WHAT DO YOU NEED TO ADD, WHAT NEEDS TO BE LET GO ?

1. I will continue self-Reflection and Inventories
2. I will commit to physical activity and eat healthy, see doctors
3. I will seek Spiritual practices with Intention
4. I will have an open mind and keep learning, Growing in my work
5. I will Intentionally stay active in the Wellness activities I enjoy & try new things
6. I will be Intentional in all my Relationships, because they are important
7. I will focus on these major areas and try to stay balanced. I know... when I spend too much time in one area, I can start to feel unwell ☹
8. I will share my Recovery story with others and listen to theirs to create Connection

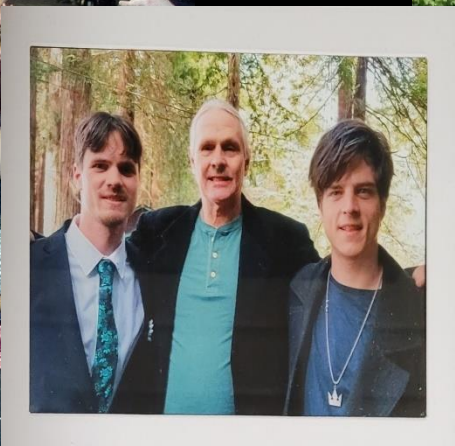
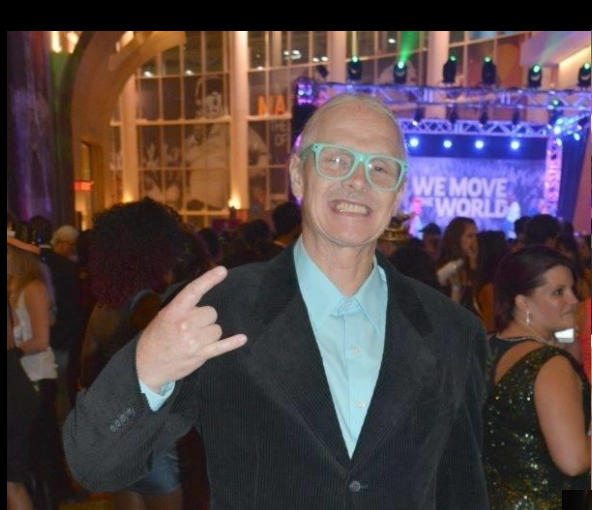
PURPOSE & PASSION

IF YOU CAN'T FIGURE OUT
YOUR PURPOSE... FIGURE
OUT YOUR PASSION. FOR
YOUR PASSION WILL LEAD
YOU RIGHT INTO YOUR
PURPOSE.

T.D. Jakes



*Don't quit before the
miracle happens!*



QUESTIONS/COMMENTS

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- ▣ gparnell@cbhi.net

