

Your First 30 Days

A simple plan for daily anchors, your people, your triggers, and what helps.

Immediate danger: call 911.

Crisis support: call or text 988.

Treatment locator: findtreatment.gov or 1-800-662-4357.

One day at a time is real. If a day goes sideways, the plan is not broken. You start again tomorrow.

Daily anchors

- ☐ Steady sleep and wake time.
- ☐ Eat. Do not skip meals.
- ☐ Move, even a short walk.
- ☐ Connect with one supportive person.
- ☐ One meeting, call, or check-in.

My people

Who I call first when it is hard

My meeting, group, sponsor, mentor, or counselor

A safe place I can go

Watch the patterns

A trigger to watch for

What I will do instead

A warning sign I am drifting

One thing that helps me settle down

This month

One small goal

One practical problem to solve

One person I need to be honest with

Weekly check-in

Week 1: what helped?

Week 2: what got hard?

Week 3: what do I need to adjust?

Week 4: what do I want to keep doing?

Keep the plan simple enough to actually use.