

🌟 Daily Success Checklist

Stay focused and connected — one day at a time!

Use this checklist to build consistency, deepen your walk with God, and stay grounded in your recovery.

✅ 1. Plan Your Meals (Night Before or Morning)

“Commit your work to the Lord, and your plans will be established.” – *Proverbs 16:3*

Write out your meals and snacks for the day. Keep it simple, balanced, and aligned with your boundaries. Avoid decision fatigue by deciding in advance.

🙏 2. Morning Prayer

“Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.” – *Psalms 90:14*

Ask for willingness, strength, clarity, and peace. Surrender your food, feelings, and the day to God.

💬 3. Morning Check-in (WhatsApp or Facebook)

Start the day with community and quiet reflection. A few words of encouragement or honest sharing can make all the difference.

🍴 4. Pray Before Each Meal

“So whether you eat or drink or whatever you do, do it all for the glory of God.” – *1 Corinthians 10:31*

Invite God into every bite. Pause, breathe, and ask for the strength to stop as planned.

💬 5. Midday Check-In

Touch base again in WhatsApp and/or Facebook group— share a success, a struggle, or a verse that’s helping you. If you’re feeling weak or tempted, don’t isolate.

🌅 6. Pray Before Dinner

Take a moment to refocus. Surrender your evening and ask for help to stay on your path.

📝 7. 10th Step Journaling

“Search me, O God, and know my heart... and lead me in the way everlasting.” – *Psalms 139:23–24*

Reflect on your day:

- ☐ Did I stick to my plan?
- ☐ Did I turn to God when tempted?
- ☐ What do I need to confess or celebrate?
- ☐ Who do I need to forgive — or ask forgiveness from?

Release the day. Reset with grace.

📅 8. Plan Tomorrow’s Meals

Keep your momentum strong. If today didn’t go as planned, tomorrow is a fresh start.

Each step is a chance to grow stronger in your recovery and closer to God.

You don’t have to be perfect — just willing and honest. He’ll do the rest.

❤️ *You’ve got this — one faithful step at a time.*

