

# What is Good Recovery?

Introducing Advanced Recovery



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# Advanced Recovery Checklist

by Reef Karim

## MORNING

- 1) Meditation
- 2) Exercise

## DAY

- 3) Yoga
- 4) Core Functioning
- 5) Toxic Relationship Assessment
- 6) Stress Reduction & Resilience Training

## NIGHT

- 7) Gratitude Journal & Service

## REFLECTION

- 8) Belief System
- 9) Identity Formation
- 10) Trauma Timeline

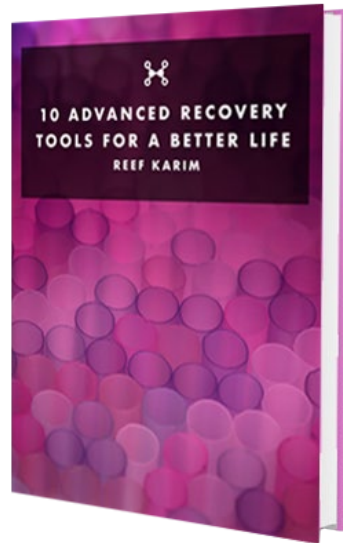


@ Dr. Reef Karim

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