NEW DAY RECOVERY
Session 38 Handout

My Service Post

From Session 38. Good intentions wander. Posts get manned.

Name: _____ **Date:** _____

A post has four parts: a task somebody genuinely needs done, a person whose name is attached to the need, a schedule the house can count on, and a length of service short enough to keep — a season, not a life sentence.

My post	My answer
Task	
Place	
Day	
Duration (a season)	
Confirming name (the person who named the need)	

My post in one line (task, place, day, confirming person):

_____

_____

- ☐ The need is real — I asked, I did not assume.
- ☐ The size is keepable.
- ☐ It does not collide with work, meetings, or the 90-day plan.

Homework: ask your confirming person this week and get a yes, a no, or a better assignment. Bring the final post card to the next session, confirmed by the person who named the need.