NEW DAY RECOVERY
Session 53 Handout

My Compass Sentence

From Session 53. Purpose is a direction, not a destination.

Name: _____ **Date:** _____

For example: “I am a person who steadies younger people in early recovery while I build a trade with my hands.” It can be carried into any job, town, or season — and revised as you grow.

Ingredient	My words
Who benefits	
What I actually do	
Toward what end	

My compass sentence:

The calendar test

Purpose is audited in hours, not intentions.

One hour last week that matched it:

One hour next week that will:

Homework: live one deliberate hour this week inside your compass sentence — scheduled, not accidental. Write two lines: the hour, and what it felt like to be on-purpose on purpose.