NEW DAY RECOVERY
Session 56 Handout

Keeping the Job

From Session 56. Getting hired is a door. Keeping the job is a house you build one ordinary shift at a time.

Name: _____ **Date:** _____

The five keeping habits: early — early enough that traffic cannot fire you; ready — tools and a clear head; steady — steady in mood on bad-news days; honest — honest about mistakes the same shift they happen; teachable — corrected without a speech.

My historical weak one: _____

My risk-pattern map — one lost job, in four beats

Beat	What happened
The first small sign	
The rationalization	
The point of no return	
The ending	

Earliest beat where a keeping habit would have interrupted it:

_____

My if–then, in the Session 29 format: _____

- ☐ Night-before station set up this week — one place for clothes, keys, and work gear.
- ☐ My payday protocol is on a card, and a copy went to my accountability partner.