# Session 54: Work as Recovery: The Honest Way In

**Phase 5 — Giving Back: Service, Leadership & Purpose · Block 3 — Purpose & Vocation**

**Date: _____ My craving today (0–10): _____ One word for my week: _____**

*Handout for this session: the Session 54 handout (My First-Target Job List) — in the Handouts Packet.*

## What we're learning

Session 25 framed work and calling; this session gets practical about entry. Employed and purposefully occupied hours are hours the old cycle cannot easily claim, and a kept job is public evidence — to family, to courts, to yourself — that the new life is load-bearing. Entry is honest about constraints: records, gaps, transportation, and the house schedule are facts to plan around, not verdicts to hide from.

- Structure is relapse prevention A shift is an anchor the whole day can be tied to (Session 7). When you choose between two jobs, weigh the schedule's effect on meetings, sleep, and check-ins — not just the hourly wage.
- Start where you can be kept The right first job is the one you can still be doing in ninety days: within your transportation, inside your physical limits, clear of your highest-risk people and places (Session 29). A smaller job kept beats a bigger job lost loudly.
- Every workplace has a chain Payday people, after-shift rituals, the coworker who uses — map the job's warning signs before the first shift, and pre-decide your exits the way Session 29 taught: if–then, written, with a person attached.

## Goals for this session

- ☐ I can state what work provides recovery besides money: structure, evidence, identity
- ☐ I can build a realistic first-target job list from my strengths (Session 32) and current limits
- ☐ I can name the recovery risks inside my likely work settings and pair each with a guardrail

## Check-in

*What is the best job you ever held — not the best-paying, the best for you? What made it good?*

## Discussion — write your answers

*Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.*

**1. What does work give you besides money — and which of those gifts do you need most right now?**

**2. Read your first-target list aloud. Which entry is fantasy, and which is this month?**

**3. What is the riskiest hour of your likely workday, and what is the guardrail?**

**4. What is the one real step toward your top target this week, and whose name will you bring back?**

## Session 54 — Skill Practice

First-target workshop (solo, then pairs): from the Session 32 strengths inventory, each person drafts a first-target job list — three realistic targets with the actual way in (a name, a place, an application). For the top target, write the schedule test: shifts against meetings, sleep, transportation, and the 90-day plan. Partners audit for fantasy: any target that fails the schedule test gets revised, not defended.

**My first-target job list — three realistic targets, with the actual way in:**

**My top target's schedule test — shifts against meetings, sleep, transportation, and my 90-day plan:**

## My takeaway

*The one thing from this session I most need to remember — in my own words:*

## Homework — this week's application

☐ Take one real step toward the top target this week — the application, the visit, the call — and write down the name of the human you dealt with. Bring the name to the next check-in.

**Space to do the homework and note how it went:**

*An optional Scripture handout for this session is available from your facilitator on request.*