# Session 56: Keeping the Job: Habits That Protect Recovery

**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 56 handout (Keeping the Job) — in the Handouts Packet.*

## What we're learning

Session 26 handled money and stewardship; this session handles the conduct that keeps money coming. Employers fire for patterns, not incidents: lateness that becomes a climate, moods that become weather, small dishonesties that become policy. The keeping habits are boring and total: early enough that traffic cannot fire you, ready with tools and a clear head, steady in mood on bad-news days, honest about mistakes the same shift they happen, and teachable when corrected without a speech.

- Early is a decision made the night before Shoes, clothes, keys, alarm, bus money — laid out before bed. Morning chaos is where jobs and cravings both start their day; the night-before routine (Session 7) is an employment practice.
- Mistakes reported fast are small Tell the supervisor what happened, what you have already done about it, and what you need — in that order, the same shift. A mistake confessed at 10 a.m. is training; discovered at audit, it is character.
- Payday is a planned event, not a weather event The Session 26 order holds at work scale: what comes in, what must go out, decided before the money arrives, with distance between impulse and access — and a partner who knows the plan and asks about it by name.

## Goals for this session

☐ I can name the five keeping habits: early, ready, steady, honest, teachable

☐ I can identify my personal job-risk pattern from past employment and write its interruption

☐ I can build a payday protocol with my accountability partner (linking Session 26)

## Check-in

*Think of a job you lost or quit in the old life. What was the first small sign — before the end — that it was going wrong?*

## 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. Which of the five habits is your historical weak one? Give the evidence.**

**2. What is your payday pattern from the old life, hour by hour — and what replaces the first two hours of it now?**

**3. Who corrects you at work if you start sliding — and if the answer is nobody, who should it be?**

**4. What is your payday protocol, and who holds a copy of it?**

## Session 56 — Skill Practice

Risk-pattern map (solo, then pairs): each person writes the story of one lost job in four beats — the first small sign, the rationalization, the point of no return, the ending — then circles the earliest beat where a keeping habit would have interrupted it. Pairs exchange maps and each partner writes one if–then for the other's earliest beat, in the Session 29 format.

**My job-risk pattern in four beats — first small sign, rationalization, point of no return, ending — and the earliest beat a keeping habit would interrupt:**

**My payday protocol, with a copy for my accountability partner:**

## My takeaway

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

## Homework — this week's application

☐ Set up the night-before station this week — one place for clothes, keys, and work gear — and use it every work or program day. Write your payday protocol on a card and give a copy to your accountability partner.

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

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