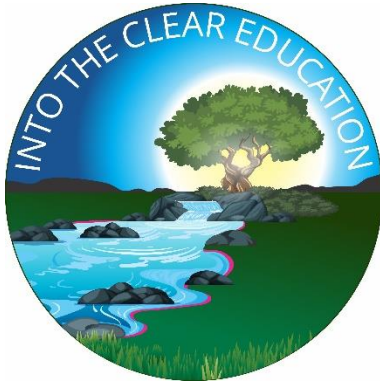


## Workbook-Module 9-Where to Go from Here?



**Introduction.** We will press in further, helping answer the question as to why you have committed to this growth and/or sobriety here in Module 9. The decision to live life, staying in the source, committed to the good, connects you to deep roots. All of us

experience brokenness, disappointment, trials, and challenges. The transformation possible on this solid ground free from the vices that hold us down is only limited by our own fears and unwillingness to change. Let's begin with our review of day one.

### Day 1 – Your Reason to be Whole

Day 1 asked the question of why you are becoming whole? What is your direction and purpose? Gaining clarity on this is a transformational key.

1. Your understanding why you are becoming whole addresses not only physical sobriety but \_\_\_\_\_ and \_\_\_\_\_ sobriety as well (9.1).
2. It encouraged you to dream big and discover your passion and purpose. This dream reaches beyond \_\_\_\_\_ goals. It includes both day-to-day and long-term goals (9.1).



3. Why is it important for you to engage and share with others the transformation and growth you are experiencing (9.1) ?

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4. Are you comfortable telling people your story? \_\_\_\_\_ Is it important to share the good parts and the bad when talking with others? \_\_\_\_\_

Why or why not (*In your own words*) \_\_\_\_\_

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## Day 2 - The Road Less Traveled

*Two roads diverge in the wood, and I-  
I took the one less traveled by.  
And that has made all the difference.  
-Robert Frost*

The poem illustrates the importance of making decisions. The Day 2 lesson emphasizes:

- Listening to the heart of love
- Leaning on wise counsel.
- Tuning your inner compass.

5. \_\_\_\_\_ will have to hold myself accountable when others are not around to do so.

6. One of the main lessons of the poem is about being decisive. Let your yes be \_\_\_\_\_ and your no be \_\_\_\_\_ (9.2).



7. Which of the following may give you resistance to acting consistently on convictions (9.2)?

- a. the culture through media
- b. your peer group
- c. your family
- d. blurred personal boundaries
- e. all of the above

8. True or False. In order to move forward in the face of fears you will have to have courage and be willing to lean on wisdom's principles \_\_\_\_\_.

### **Day 3-The Truth About Sobriety**

9. The truth about sobriety is that your life is \_\_\_\_\_ and \_\_\_\_\_.

10. Wisdom's protective jacket surrounds those who chose to live according to its \_\_\_\_\_ - \_\_\_\_\_ principles.

11. This lesson shared the need to burn off the dross. What is dross (9.3)? \_\_\_\_\_

12.

Recognizing where the dross is impacting you and interrupting the vibrant flow of life allows you to face it head on and humbly continue learning and growing.

What are 3 places dross can show up in your life

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13. What do you believe are some key attitudes to staying on the right foundation and enjoying the fruit that has already appeared in your life?

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#### **Day 4 – Everyday Miracles**

This lesson talked about everyday miracles and its connection to innocence. You saw the video by Natella Isazada on opening to child-like innocence to view life and the world through fresh eyes. It talked about smashing the attitudes and beliefs that pull you down and keep you from believing in the goodness of life and its infinite possibilities.

14. We can trust the way ahead and take that first step even if we can't \_\_\_\_\_ the bridge in front of us. Doing this is an example of \_\_\_\_\_?

The lesson encouraged you to call upon the fresh waters in forming new disciplines to reach new goals.

15. Can you see over the past into the bright future that lays ahead? \_\_\_\_\_

16. What part of transformation is our responsibility? What brings you the greatest sense of wonder? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Day 5 – Long-term Sobriety and Looking Back

Day 5 started by painting a picture of how to start your day. Is it with a sense of peace being led rather than being driven with anxiety?

17. How do you ensure that you are starting your day in peace rather than anxiety?

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You heard testimony from my life about the destructive results from living in active addiction. It was a work hard, play hard mentality together with a strong pride and arrogance that led to a terrible car crash.

18. What is one traumatic event that resulted from your bad decisions in active addiction? \_\_\_\_\_

Have you made amends for this? \_\_\_\_\_

Have you gotten to the root of the issue that drove you into the series of actions that led up to this? \_\_\_\_\_ How? \_\_\_\_\_

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The inner dialogue of *I deserve to relax by drinking, using, or engaging in addictive behavior* to justify wrong actions are misplaced.

The hopes to fill in the void of low self-esteem or another area lacking in your life by numbing, escaping, or chasing after sex are futile and often bring about serious consequences.

19. What does H.A.L.T. stand for? \_\_\_\_\_

When is it important to stop and recognize this? \_\_\_\_\_

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21. Looking back and \_\_\_\_\_ bad moments helps you to \_\_\_\_\_ why you choose sobriety and why you are making choices that are free from the desperate moves of the past.

Even though we have and still make decisions that are not honoring the gift of life and our true value and worth, we are never left alone or separated from love.

### **Day 6 – With a Smile in Your Heart**

22. Day 6 Invites you to acknowledge and mark the \_\_\_\_\_ you have \_\_\_\_\_ going through this Educational Series.

You heard about early North American explorers and their coming to the Pacific Ocean after having trekked across endless hills and valleys. That smell of salted air invigorating to their wearied souls and bodies.

You heard about the Shawshank Redemption and the 20-year struggle of the main character Andy Dufrane in a hard, seemingly hopeless prison. His final 300-yard crawl through the sewage into the life-cleansing rains of freedom was a scene of great hope and triumph!

23. What is one way you can mark and celebrate having finished the Into the Clear Educational Series? \_\_\_\_\_

24. In the video, wisdom is likened to a precious \_\_\_\_\_ to be shared with the world.

25. The unquenchable expectations of \_\_\_\_\_ and \_\_\_\_\_ prevent contentment and peace.



26. People with wisdom look to the horizon knowing the \_\_\_\_\_ will come. They practice gratitude for their \_\_\_\_\_ needs being met.

27. Will you treat sobriety like it is a precious treasure \_\_\_\_\_?

28. Will you care for this new growth in this new season of your life with the utmost care and consideration \_\_\_\_\_?

## Conclusion

Life is a gift. Life is truly challenging. We all have a choice in how we approach the hills and trials. We have the choice to remain sober or not. We spend time in reflection and get determined in consistent action. Following through and working towards a better life each day opens us to a sky above our heads and a solid ground beneath our feet. We ask the big questions of what is most important in this life? We find practical applications to accomplish the work ahead of us. Remember to breathe through the moments that give us great pause. You have and will be tested. Let the warrior within fight the battles of life with love and wisdom. There is great joy in store for those that overcome.

