



# REBUILDING TRUST & CONFIDENCE ON THE ROAD TO RECOVERY

# CARE

**C**uriosity

**A**cceptance

**R**espect

**E**nvision

# CARE

# Curiosity



# CARE

## Curiosity

- What matters most to me right now?
- What lights you up?
- What drains you?
- What kind of life do I want to create?



- **Authenticity**
- **Honesty**
- **Integrity**
- **Loyalty**
- **Respect**
- **Ambition**
- **Excellence**
- **Innovation**
- **Leadership**
- **Wisdom**
- **Connection**
- **Community**
- **Compassion**

- **Equality**
- **Family**
- **Friendships**
- **Service**
- **Growth**
- **Learning**
- **Adaptability**
- **Curiosity**
- **Determination**
- **Creativity**
- **Balance**
- **Security**
- **Freedom**
- **Joy**

- **Health**
- **Resilience**
- **Adventure**
- **Beauty**
- **Autonomy**
- **Faith**
- **Spirituality**
- **Play**
- **Justice**
- **Love**
- **Meaning**
- **Boldness**
- **Achievement**
- **Sustainability**

CARE

Acceptance

# CARE

## Acceptance

- Right now, it is just like this



CARE

Respect

# CARE

## Respect

- Treat yourself as your best friend



CARE

Envision

# CARE

## Envision

- How do you feel?
- How do you spend your time?
- What relationships are thriving?
- How do you care for yourself?
- What matters most?



# STAY CONNECTED

**Text TRUST to 55444 to  
receive follow up resources**

## **Web:**

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