

# **Recovery for Life, II**

## *Ten Lessons on Personal Boundaries*

### Healthy Boundaries, Healthy Lives

Dividing lines between people—Our yes's and our no's  
“What do I need?”  
Rigid and flexible  
Relevant to all areas of life

### Choosing Health—Choosing Life

Stay smart about your health  
Move it!  
Eating for life and connection  
Simple things mean a lot

### Healthy Relationships

Allowing people to be  
Be good company  
Trusting yourself and others  
Honesty with self and others

### Goals for Today and Tomorrow

Delaying gratification  
What really matters?  
Keep your eyes on successful people  
Start small—Baby Steps

### Giving and Receiving

Giving back  
Volunteerism  
Help where you are truly able  
Making friends while giving back

## **Gratitude as Spiritual Practice**

Acceptance is the starting place  
Be in the moment  
Gratitude as opening to spiritual health  
Gratitude as invitation to abundance

## **Becoming Somebody—Deciding to Be OK**

Increase healthy habits  
Positive self talk  
You are in charge of your emotions  
Removing barriers

## **Happiness and Well Being**

Find and live your purpose  
Well being requires healthy connections  
Open up to new beliefs about yourself  
Don't expect to always have feelings of happiness

## **Limitless Living—Limited Income**

Money does not buy happiness  
Practice gratitude  
Set small financial goals  
Accept the challenge of living well

## **Looking Around—taking Notice of Your Environment**

Make your home safe and healthy  
Rid your life of clutter  
Add beauty to your life  
Appreciate nature

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