

Read out of the Big Book by themselves today	Called a family member	Has a musical talent	Is working the steps	Has had over a year clean
Cooked a substantial meal for themselves today	Read out of the Bible	Has spoken at a meeting	Called their sponsor	Has written in their journal today
Played a sport	Worked out today	FREE	Can quote the big book	Has a tattoo
Has been outside for one hour today	Meditates daily	Has been to an NA Meeting	Has a sponsor	Has showered today
Has a piercing	Celebrated a recovery milestone this week	Has under 90 days sober	Works on treatment work everyday	Gotten fresh air

Worked out today	Called their sponsor	Is working the steps	Cooked a substantial meal for themselves today	Has spoken at a meeting
Has a musical talent	Works on treatment work everyday	Has had over a year clean	Celebrated a recovery milestone this week	Has written in their journal today
Has been outside for one hour today	Can quote the big book	FREE	Has a tattoo	Called a family member
Has a sponsor	Has under 90 days sober	Read out of the Big Book by themselves today	Gotten fresh air	Meditates daily
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