**The Role of Purpose in Recovery: Building a Life Worth Living**

**Purpose:**
Purpose is the light that guides us, the force that gives our lives meaning and direction. In recovery, discovering or reconnecting with your sense of purpose can transform the journey from mere survival to something far richer—a life of fulfillment, intention, and joy. Purpose gives you a reason to stay committed to your healing, a compass that points you toward the person you aspire to be.

Addiction often clouds your sense of purpose, narrowing your focus to the immediate moment and distancing you from the passions, values, and relationships that make life meaningful. Recovery is an opportunity to rediscover what drives you, what brings you joy, and what gives your life depth. Purpose isn’t always grand or monumental—it can be found in small, everyday acts of kindness, in nurturing relationships, or in pursuing dreams that once felt out of reach.

This worksheet will help you explore what purpose means to you, reflect on the elements of your life that bring meaning, and create a vision for a future aligned with your values and passions. By building a life worth living, you give yourself a reason to not just recover but to thrive.

**1. Reflecting on What Purpose Means to You**
Purpose is deeply personal, shaped by your values, passions, and experiences.

How would you define “purpose” in your own words?

Why do you think having a sense of purpose is important for your recovery?

**2. Exploring What Brings Meaning to Your Life**
Purpose often emerges from the people, activities, and values that bring you joy and fulfillment.

What activities, relationships, or moments have made you feel most alive or fulfilled in the past?

How can you incorporate more of these meaningful elements into your life today?

**3. Reconnecting with Your Values**
Your values are the foundation of your purpose—they reflect what truly matters to you.

What are three values that feel most important to you (e.g., honesty, compassion, creativity)?

How can you align your daily choices and actions with these values?

**4. Identifying Barriers to Purpose**
Sometimes, fear, doubt, or past mistakes can cloud your ability to connect with your purpose.

What thoughts or beliefs might be holding you back from pursuing a life of purpose?

What steps can you take to overcome these barriers and move toward a more purposeful life?

**5. Imagining the Life You Want to Build**
Purpose is not just about what you do—it’s about who you want to be and the legacy you want to create.

If you could design a life that reflects your deepest values and passions, what would it look like?

What small steps can you take today to move closer to that vision?

**6. Finding Purpose in the Everyday**
Purpose isn’t always found in big achievements—it can be nurtured in simple moments and small acts.

What small, meaningful actions can you take each day to stay connected to your purpose?

How can you remind yourself to focus on these moments, even when life feels overwhelming?

**7. Letting Purpose Guide Your Recovery**
Purpose gives you a reason to stay committed, even when the road is difficult.

How does connecting with your purpose strengthen your resolve to stay on the path of recovery?

What would it mean to live a life guided by your purpose, both in recovery and beyond?

**Conclusion:**
Your purpose is your anchor, your compass, your light. It is what keeps you grounded in your recovery and gives you the courage to move forward. By reflecting on what brings you meaning, aligning your life with your values, and taking intentional steps toward your vision, you create a life worth living—one that is rich with joy, connection, and fulfillment. Remember, purpose is not something you must have all figured out at once. It is a journey, unfolding moment by moment, as you take each step toward the life you deserve.