

# **PERSONAL HONESTY ASSESSMENT FOR SOBRIETY**

**1.**

## **STAYING ENGAGED IN YOUR RECOVERY JOURNEY**

**Engage with others who share your interests  
and goals to live a happy and healthy life.**

**2.**

## **THE POWER OF SUPPORT SYSTEMS**

**Surround yourself with people who support  
your sober lifestyle and understand your struggles.**

**3.**

## **EMBRACE THE CHANGE SOBRIETY BRINGS**

**Embrace the changes, and learn how they  
influence you from the inside out.  
Understanding these changes can fuel your  
motivation to maintain your sobriety.**

**4.**

## **EVERYDAY MAINTENANCE OF SOBRIETY**

**It's important to develop daily routines and habits  
that support your sobriety, helping you stay focused  
and steadfast.**