

Freedom From Addiction
Journal Entry #2

****this journal entry is designed to be a simple tool for those participating in the Freedom From Addiction Series, in any capacity. This is strictly for your personal use. No-one will ever ask you to share from your journal entries. Time is always given at the end of each group discussion for those who would like to share, but you will never be asked nor required to do so****

My personal scorecard for the presentation on the Depression/Addiction Connection revealed____

In this presentation, I learned that _____

The ways I am willing to implement the Serenity prayer in my life and change the things I can change as those things relate to my mental health and well-being:

- ☐ drinking enough water to stay hydrated
- ☐ incorporating foods from the nutrition list to improve my brain's chemistry
- ☐ commit to setting a sleep schedule
- ☐ commit to getting plenty of fresh air and sunlight
- ☐ commit to follow the exercise log and suggested daily walks
- ☐ commit to daily mental rest (defined on the physical and mental exercise log)

The 14-day challenge will benefit me by:

The Attitude of Gratitude exercise will benefit me by:

I am going to ask _____ to be my accountability partner as I implement the principles of the Free From Addiction series into my daily life of victory.

Personal Thoughts:
