

# Wellness Recovery Roadmap

## Companion Workbook: 30-Day Tracker and Recovery Guide

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MEDICAL DISCLAIMER: This workbook provides general educational and self-help information only. It is not medical, psychological, or therapeutic advice. Always consult your healthcare provider. If in crisis, call 988 (US).

This workbook is designed to support you through the Wellness Recovery Roadmap series. Whether you are breaking the depression and weight gain cycle, managing financial stress and addiction triggers, or building long term habits, this tracker helps you document progress, identify patterns, and celebrate small wins.

### How to Use This 30-Day Workbook

#### Daily Steps (5-10 minutes per day)

Day 1-30: Complete ONE section per day in order.

#### For Each Section:

1. Read the section title (30 seconds)
2. Read the Book 1 Focus line (5 seconds)
3. Complete both exercises (5 minutes)
4. Pause and reflect (30 seconds)

## Section 1: Foundations of Recovery

*Book 1 Focus: Clarifying your why, stabilizing daily routine, and building core self-care habits.*

### Exercise 1: What is your biggest why for recovery?

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### Exercise 2: List 3 non-negotiable daily habits.

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## Section 2: Emotional and Weight Challenges

*Book 1 Focus: Understanding triggers that disrupt your foundational stability.*

**Exercise 1: When do you notice emotional eating most?**

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**Exercise 2: What emotions lead to weight challenges?**

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## Section 3: Daily Rhythm Establishment

*Book 1 Focus: Creating non-negotiable routines that anchor your recovery.*

**Exercise 1: What time of day feels most stable for you?**

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**Exercise 2: What disrupts your daily rhythm most?**

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## Section 4: Mindset and Emotional Eating Awareness

*Book 1 Focus: Building awareness of emotional patterns driving autopilot habits.*

**Exercise 1: What thoughts come before emotional eating?**

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**Exercise 2: How can you pause before autopilot eating?**

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## Section 5: Sleep Foundation

*Book 1 Focus: Prioritizing rest as your core recovery pillar.*

**Exercise 1: What keeps you from quality sleep?**

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**Exercise 2: What helps you wind down best?**

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## Section 6: Hydration and Basic Nourishment

*Book 1 Focus: Simple daily choices that fuel foundational energy.*

**Exercise 1: How much water do you drink daily?**

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**Exercise 2: What simple food choice feels nourishing?**

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## Section 7: Movement Integration

*Book 1 Focus: Gentle habits that reconnect body and foundational wellness.*

**Exercise 1: What gentle movement feels doable daily?**

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**Exercise 2: When is your best time for movement?**

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## Section 8: Self-Compassion Practice

*Book 1 Focus: Replacing judgment with the grace your why deserves.*

**Exercise 1: What do you judge yourself most harshly about?**

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**Exercise 2: What would you say to a friend in your situation?**

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## **Section 9: Boundary Setting Basics**

*Book 1 Focus: Protecting your routine from energy drains.*

**Exercise 1: Who or what drains your energy most?**

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**Exercise 2: What boundary can you set tomorrow?**

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## **Section 10: Week 1 Reflection**

*Book 1 Focus: Celebrating Book 1 wins that build momentum.*

**Exercise 1: What went well this week?**

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**Exercise 2: One win you are proud of:**

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## **Section 11: Financial Stress Identification**

*Book 1 Focus: Spotting money triggers that undermine stability.*

**Exercise 1: What money worries stress you most?**

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**Exercise 2: How do finances affect your recovery?**

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## **Section 12: Budgeting for Recovery**

*Book 1 Focus: Simple systems supporting your core habits.*

**Exercise 1: What is one expense you can reduce?**

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**Exercise 2: What supports your recovery financially?**

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## **Section 13: Addiction Trigger Mapping**

*Book 1 Focus: Awareness protecting your foundational why.*

**Exercise 1: What situations trigger cravings?**

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**Exercise 2: What helps you say no to triggers?**

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## **Section 14: Relapse Prevention Planning**

*Book 1 Focus: Guardrails for your daily recovery rhythm.*

**Exercise 1: What is your early warning sign?**

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**Exercise 2: Who can you call for support?**

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## Section 15: Energy Source Audit

*Book 1 Focus: Identifying what truly fuels vs drains basics.*

**Exercise 1: What gives you energy?**

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**Exercise 2: What drains your energy?**

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## Section 16: Social Support Inventory

*Book 1 Focus: Building relationships that honor your boundaries.*

**Exercise 1: Who supports your recovery?**

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**Exercise 2: Who challenges your boundaries?**

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## Section 17: Week 2 Reflection

*Book 1 Focus: Solidifying Book 1 foundations through progress review.*

**Exercise 1: What patterns do you notice?**

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**Exercise 2: What will you improve next week?**

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## Section 18: Resilience Habit Stacking

*Book 1 Focus: Layering small wins onto core routines.*

**Exercise 1: What habit can pair with your routine?**

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**Exercise 2: What small win builds resilience?**

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## Section 19: Stress Response Rewire

*Book 1 Focus: Replacing reactions with intentional Book 1 responses.*

**Exercise 1: How do you usually handle stress?**

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**Exercise 2: What is one calmer response?**

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## Section 20: Midpoint Milestone Check

*Book 1 Focus: Honoring how far your foundations have carried you.*

**Exercise 1: How has your energy changed?**

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**Exercise 2: What surprised you most?**

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## Section 21: Long-Term Vision Clarity

*Book 1 Focus: Connecting daily habits to your bigger why.*

**Exercise 1: Where do you see yourself in 1 year?**

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**Exercise 2: How do daily habits support that vision?**

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## Section 22: Sustainable Movement Upgrade

*Book 1 Focus: Evolving Book 1 movement into lifelong practice.*

**Exercise 1: What movement feels sustainable long-term?**

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**Exercise 2: How can you make it enjoyable?**

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## Section 23: Sleep Architecture Refinement

*Book 1 Focus: Strengthening your foundational rest pillar.*

**Exercise 1: What is your ideal bedtime routine?**

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**Exercise 2: What blocks restful sleep?**

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## Section 24: Nourishment Evolution

*Book 1 Focus: Next-level basics building on recovery nutrition.*

**Exercise 1: What nourishing food can you add?**

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**Exercise 2: What feels satisfying and supportive?**

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## Section 25: Relationship Boundary Strengthening

*Book 1 Focus: Advanced protection for your core energy.*

**Exercise 1: What boundary needs strengthening?**

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**Exercise 2: How will you communicate it?**

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## Section 26: Week 4 Reflection

*Book 1 Focus: Final Book 1 foundation assessment.*

**Exercise 1: What is working best now?**

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**Exercise 2: What needs more attention?**

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## Section 27: Maintenance Rhythm Design

*Book 1 Focus: Creating routines that carry you forward forever.*

**Exercise 1: What is your lifelong daily rhythm?**

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**Exercise 2: How will you protect it?**

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## **Section 28: Trigger Response Automation**

*Book 1 Focus: Making Book 1 awareness second nature.*

**Exercise 1: What is your go-to trigger response?**

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**Exercise 2: How can you practice it daily?**

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## **Section 29: Celebration and Gratitude**

*Book 1 Focus: Honoring the foundations that made this possible.*

**Exercise 1: What are you most grateful for?**

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**Exercise 2: How will you celebrate progress?**

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## **Section 30: Lifelong Recovery Blueprint**

*Book 1 Focus: Your complete Book 1 system for life.*

**Exercise 1: What 3 habits will you keep forever?**

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**Exercise 2: Write your recovery commitment:**

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## Start Your Wellness Recovery Journey

Wellness Recovery Roadmap: Book 1 — Destroying Depression: Natural Paths  
to Joy and Vitality

The full book goes deeper into the depression-weight cycle, 90-day habit plan,  
emotional eating toolkit, and bonus weight management content.

**Get it on Amazon**

### **Free Resources and Downloads**

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If this workbook helped your journey please leave an Amazon review for Wellness Recovery Roadmap: Book 1 —  
Destroying Depression.

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