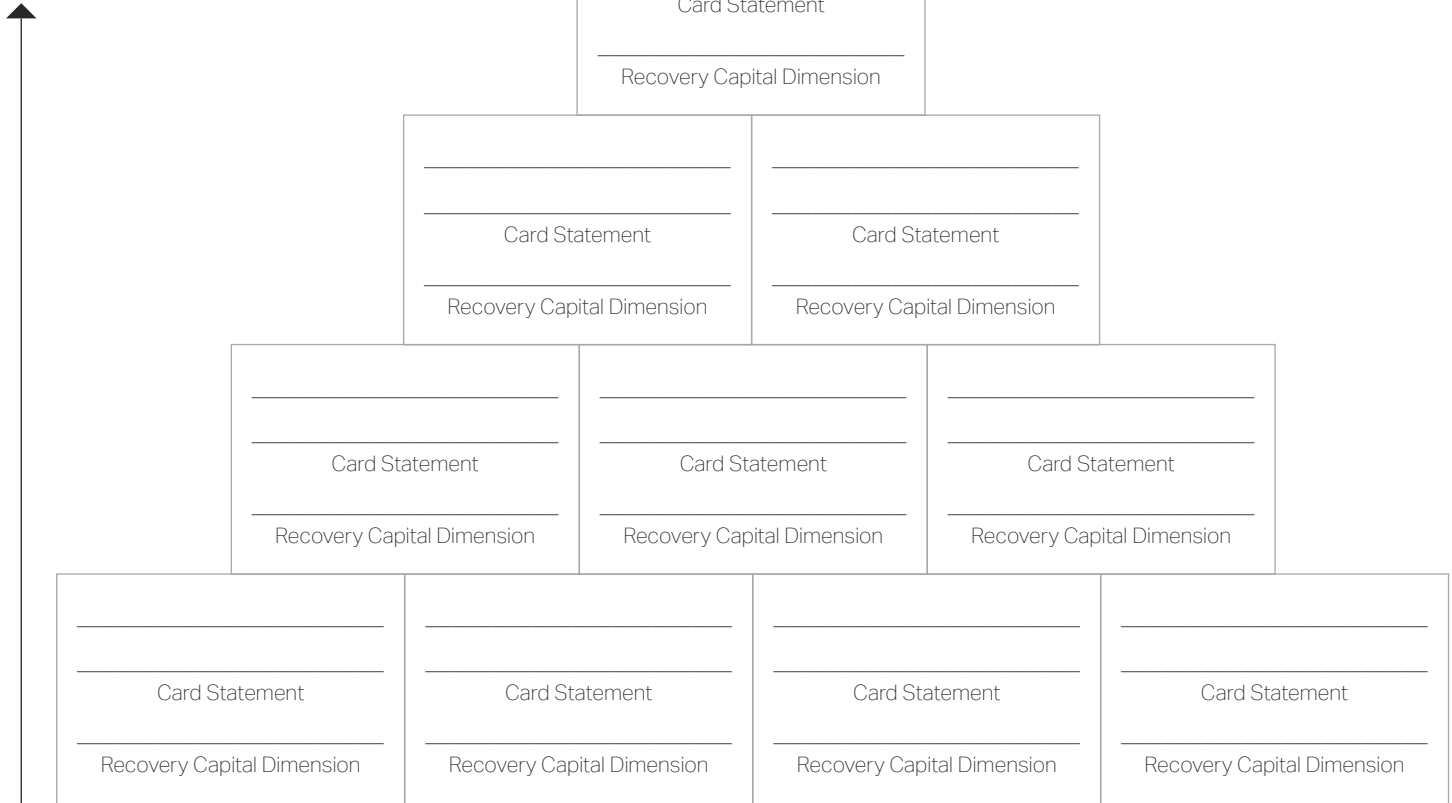


Activity 1: Identify My Recovery Capital Strengths

Visit R1 LEARNING.COM to get Discovery Cards and Activity Worksheets

Observe: Complete the pyramid below with up to 10 Sorting Cards you identified in the card activity.

Best
Describes
My Strengths



Questions to Explore

Evaluate:

1. As you review your top statements, what resonated most? What surprised you?

2. Are these strengths new for you or things you've been building for a while?

3. How have these strengths served your recovery?

Evaluate (continued):

4. Which Recovery Capital dimensions were most, and least, represented in your strengths cards? Does this make sense to you?

Respond:

5. What is one action you can practice today to strengthen your recovery further?

6. Who can you ask for help and support?