A Daily Programme of Action Using Artificial Intelligence

A simple daily recovery diary designed to work alongside your AI assistant, helping you build the habits that support long-term recovery.

Your Daily Recovery Companion includes:

Morning Check-In

Mental

- How will I strengthen my mind today?

Physical

- What will I do today to improve my physical wellbeing?

Spiritual

- How will I nurture my spiritual life today?

Daily Recovery Check-In

□ Five things I am grateful for today

□ Mood (1–10)

□ Hours of sleep

□ Exercise completed

□ Healthy nutrition

□ Recovery meeting attended

□ Sponsor or mentor contacted

□ Just for Today reading completed

□ Any cravings today?

□ One positive action I will take today

Evening Reflection

- What went well today?
- What challenged me today?
- What have I learnt about myself?
- What am I grateful for tonight?
- What is my priority for tomorrow?

This diary is not intended to replace your therapist, sponsor or recovery meetings.

Instead, it is designed to help you remain accountable to the small daily actions that build long-term recovery.