

# 10 Steps for Living a Fulfilled Life in Recovery



*Women Rocking Recovery*

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# About Sandie MacGowan



Sandie MacGowan is a woman with a mission. She has faced many challenges over the years & found solutions to work through each one. She made the decision to stop drinking & using drugs on April 21, 2000. She will tell you that since that day, each is better than the last & that some of her best days haven't even happened yet.

As a Professional Recovery Coach, Sandie helps women find a balance between their personal recovery program & their public life. Women find their authentic self again, begin respecting themselves & loving the women they are through her online coaching programs, training & workshops. Each year she offers 2 intimate retreats for women to strengthen their recovery paths, spirituality and develop their life goals.

Sandie is the founder of **Women Rocking Recovery**, an online community with a following of thousands of women in recovery. Her purpose & passion is to help like-minded women to find their happy balance between recovery & life & start living a full & extraordinary life.



## SECTION 1 KEEP CALM & CARRY ON

A life of fulfillment can feel impossible when faced with roadblocks constantly cropping up to steal your calm. These are the times where you find yourself worrying, panicking because everything around you feels out of control. You ask yourself, "How can I possibly find any measure of peace and contentment when I'm constantly out of control?" There is a solution.

You start in your head. *Mindset truly is everything.* If things are chaotic and out of your control, it's time to *accept* it for what it is. Many things in life are under the control of others, and yet, we worry about them. *Breathe.* Remind yourself that finding peace within is the only way to peace in a storm. You'll have a much easier time finding solutions with a tranquil mind. Mindfulness is key.

If you can change things, why are you stressing? Embrace the action needed to end the chaos. Take a meditation course. Find a course on mindfulness. Take action.

Either way, worry has no place here.

Worrying doesn't stop the chaos, it takes away your peace.



## SECTION 2 SCARE YOURSELF



If at first you don't succeed,  
try & try again

Fulfillment means trying new things. After all, if what you were doing now was right for you, wouldn't you feel fulfilled already?

The only way to find your purpose and happiness in life is by *challenging the status quo*. This is where you need to experiment a little. Make small changes and see how you feel about the results.



So, embrace new experiences, even ones that scare you a little. It's time to push yourself forward and discover the passion you didn't even know was there.

Sometimes this process can be terrifying. You might have an urge to try something you've never done before. This is where you need to remember one small thing: *acting without a guarantee of success is the mark of an innovator and adventurer*. It's also the mark of someone about to discover their new favorite thing.



## SECTION 3 CARPE DIEM!

Fulfillment is found in the small details.

When you practice mindfulness, you discover one of the greatest secrets of the universe: The immense pleasure of focusing on the present moment. Focus right now on your current experience, using every one of your senses. What are you seeing? Hearing? Tasting? Feeling? Smelling?

Becoming aware of the world around you in new ways causes you to become fully present and engaged in the moment. There is no room for worry about the future. Whatever happened in the past loses its significance and falls away. Here there is only the beautiful now. What lesson can you learn from this moment? The lessons learned here will give you the seeds of true happiness.

Seize this day and make it your own. Find fulfillment in being here now.



**Remember, there are no mistakes, only lessons.**

**Love yourself. Trust your choices.**

**Remember, everything is possible.**



## SECTION 4

# ADD GRATITUDE TO YOUR JOURNEY

Have you ever considered  
just how lucky you are?

Of course, everyone has things that feel outside of their control. There is never enough of anything it seems. Time, money, resources, and even health. It feels like someone else is always bound to have more.

At the same time, you could have far less.

Take a moment to think about the things you do have.

List them, no matter how small. Realize even if you don't have everything you'd like, you do have things to be thankful for. *Find the abundance in your life* and celebrate it. Here is true fulfillment and happiness, in the knowledge that even in your darkest moments, you still have something worth celebrating.

***You are richer than you think.***

**GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH**



## SECTION 5

# UNPLUG & SEE THE WORLD AROUND YOU

The next time you're out, look around.  
What you see should be very disturbing.

How many people do you see actually engaging with the world? It's a common enough scenario. Standing in line, waiting for the server to bring food, stopped at a stoplight. You see it everywhere: heads bowed in quiet reverence over a cell phone screen.

The advent of the smartphone has seemingly caused a shift in how people interact – or don't, as the case may be. *Memories are made from behind a screen*, taking pictures of moments the individual was never there for in the first place. Is it any wonder we feel disenfranchised and unhappy?

Unplug from the internet, say goodbye to the person you're texting, and take a moment to savor the glorious now and the company you're currently in. *Experience life in the moment*, make memories, have meaningful conversations. This is where you find true happiness and fulfillment.



*Almost everything will work again if you  
unplug it for a few minutes.....even you*

Anne LaMott





## SECTION 6 YOU KNOW MORE THAN YOU THINK YOU DO

If you're feeling unhappy and unfulfilled,  
*what is your gut telling you?*

We truly do not give ourselves enough credit. That's because we've become experts at second-guessing ourselves. After all, if we can't find a logical explanation for the way we feel, we must be wrong. Right?

What we tend to forget is that *our minds are much more clever than we give them credit for*. Remember the feeling you had when someone at work was lying to you? Or how it felt the night you chose to stay in because you were sure it was going to storm even though the skies were clear? It's because you have an innate awareness of things like body language. You're noticing details constantly, on a subconscious level, and analyzing them every second.

This is where a 'gut instinct' comes in –  
and it tends to have uncanny accuracy.

So, if you're unhappy, ask yourself what your gut has to say.  
*Fulfillment is found in listening to yourself first.*

## SECTION 7

# WE ARE MORE ALIKE THAN YOU THINK

Lack of fulfillment comes from feeling disconnected from the world around us.

When you're feeling alone, thinking no one else has ever gone through the situation you're going through now, it's time to step back and *ask yourself if that's really true.*

It doesn't matter where you go, you will find more "sameness" in the world, than differences when you look at people. Cultural shifts don't matter. *It's what's in the heart that counts.* The deep emotions – the sadness, joy, despair, and exultation – that make up daily life are what unites us as human beings.

With this in mind, it's really not so hard to connect after all.

When you're out there meeting new people, look for these connection points. Find the things uniting you, not the differences holding you apart. *Share a smile or laugh over some small thing, and you'll find a friendship blossoming.* This is the seat of friendship and where happiness begins.

## SECTION 8 TO THINE OWN SELF BE TRUE

Shakespeare had it right, hundreds of years ago.  
It's absolutely impossible to feel fulfilled when you're going through the motions or trying to be something you're not.  
*Happiness lies in authenticity, in being yourself.*

Why?

If you're playing a part, it's because you're not only afraid of not being accepted, but *because you haven't accepted yourself*. Authenticity starts with you, letting go, and loving yourself for who you are. It's when you find the confidence to truly embrace you, warts and all, that you start to find the truest and greatest fulfillment you'll ever find in your life.

If you find you're really struggling with this, then it's time to do some work. Find the things you love best about yourself and embrace them. *Work to change the things you don't like through building healthy habits*. Most of all, pay attention to self-talk. The story you're telling yourself might not be in your voice, but in the stories you carry with you from the past.

You're going to love the new, more authentic you.



## SECTION 9

# MAYBE IT'S TIME TO FIND BETTER FRIENDS

**Have you ever come away from an encounter feeling absolutely drained, both physically and emotionally?**

**True happiness and fulfillment really are in the company you keep. When you're around people who are not good for you, happiness is sucked out of the room. You come away from every encounter dissatisfied. You might even be doubting yourself and your abilities. Toxic relationships are like that. They steal your peace of mind and leave you dissatisfied with life in general.**

**Take stock of who you spend your time with. Ask the hard questions. Become picky about the company you keep. *Find the people who feed your soul, who lift you up, who leave you feeling better about yourself and life in general.* Choose the people who leave you energized and better able to face the world. You'll be glad you did.**



## SECTION 10

# RECOGNIZE WHERE TRUE HAPPINESS LIES

We are bombarded by images from the media. Every ad would have you believe true happiness is a soft drink or movie choice away. Worse, we're told fulfillment lies in how much stuff we have, or in the places we go, and the things we do.

The problem is all this chasing around is leaving us more and more dissatisfied with life. We start to carry a vague feeling that no matter what we do, we're still missing out somehow.

If you've been on a mad hunt for fulfillment, it's time to stop. *Take a deep breath and realize true happiness lies within.* It's there when we decide we're going to be happy. When we embrace the joy we already feel, fulfillment follows.

So, take heart. You've had exactly what you've needed all along. Happiness really does begin with you.

*...and YOU will live happily ever after*



Are you ready to start living an extraordinary life in recovery?

If you feel like you are doing all the right things and still feel stuck and unhappy, my online programs can help you snap out of that.

Every woman in recovery struggles with self-doubt and self-love. If you can relate then you know it's time for something to change.

Sign up today for one of my coaching programs and start living your life instead of struggling to just exist.

**Join my private Facebook Group**  
**Women Rocking Recovery.**

If you are ready to take action today, sign up for the online coaching program and get \$25 off by mentioning this eBook!





You are never too early, too late, too young, or too old to choose to recover from the effects of substance abuse through your own use or someone else's. Let me help you become the woman you were always meant to be.

*Sandie*

Visit Women Rocking Recovery & learn how you can find the happy balance between recovery & life  
<https://womenrockingrecovery.com/>



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