

# The RECOVERY Sunshine Assessment: Illuminate Your Path to Well-Being

Welcome to the **RECOVERY Sunshine Assessment**, a reflective tool designed to offer you a snapshot of how brightly your life is shining. Imagine your life as a radiant sun, with each principle of RECOVERY forming a ray of light. This exercise helps you visualize your strengths and identify areas for growth, empowering you to take intentional steps to enhance your well-being and recovery.

This isn't about judgment or perfection—it's about cultivating awareness, creating a snapshot and celebrating progress. By regularly using the RECOVERY Sunshine Assessment, you can track your journey and nurture a brighter, more balanced life.

## How to Use the RECOVERY Sunshine Assessment

### 1. Draw Your Sunshine

On a piece of paper, draw a circle in the center to represent your core self. Alternatively, you can download the official Sunshine Assessment tool directly from our website at: [www.readyforrecovery.life](http://www.readyforrecovery.life).

## RECOVERY SUNSHINE ASSESSMENT

Around the circle, draw eight rays extending outward, labeling each with one of the RECOVERY principles:

### **2. Reflect and Rate (Ascribe) Each Ray**

Consider the following questions for each principle to guide your reflection. Rate each area on a scale of 1 to 10:

**1** = This area feels dim, neglected, or needs attention.

**10** = This area feels vibrant, flourishing, and aligned.

#### **Questions for Each Principle:**

##### **Resilience and Growth**

- How well do I bounce back from challenges?
- Do I see setbacks as opportunities to grow?

##### **Empathy and Self-Compassion**

- Am I kind to myself during difficult times?
- Do I treat myself with the same understanding I would offer a friend?

##### **Connection and Positive Relationships**

- Do I feel supported by and connected to the people around me?
- Am I nurturing relationships that matter most?

##### **Optimism and Gratitude**

- Do I focus on what's good in my life, even during tough times?

## RECOVERY WITHOUT ROCK BOTTOM

- How often do I practice gratitude and notice positive moments?

### **Vitality and Health**

- Am I taking care of my physical health through proper sleep, nutrition, and movement?
- Do I feel energetic and balanced in my daily life?

### **Engagement and Purpose**

- Am I immersed in activities that bring me joy and fulfillment?
- Do I feel connected to a sense of purpose or meaning?

### **Reflection and Mindfulness**

- How often do I pause to reflect on my thoughts, feelings, and actions?
- Am I present in the moment, or do I feel distracted or reactive?

### **You-Focused Empowerment**

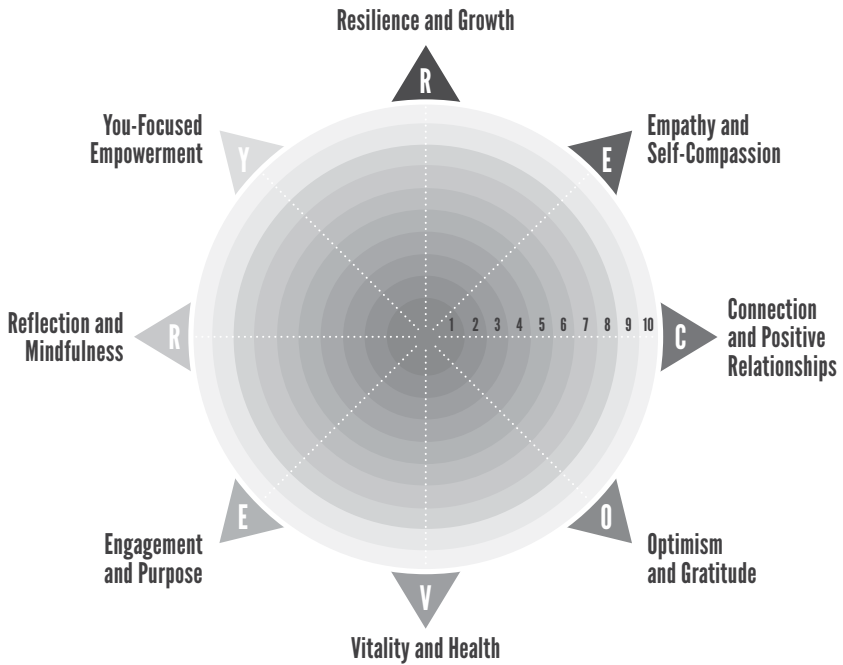
- Do I feel in control of my choices and direction?
- Am I living in alignment with my values and goals?

## **3. Connect the Rays**

- Mark your rating along each ray, with **1** closest to the center and **10** at the tip.
- Connect the points to form a shape within your sunshine, representing the current brightness and balance of your well-being.

## 4. Reflect on (Describe) Your Sunshine

- **Bright Rays:** Which areas shine the brightest? Celebrate these strengths as pillars of your recovery journey.
- **Dim Rays:** Which areas feel dim or need nurturing? Describe why you gave yourself that ranking? These represent opportunities for growth.



## **Moving Toward Balance and Brilliance (Prescribe)**

### **Ask yourself:**

- What small steps can I take to brighten the dim rays and create a more balanced sunshine?
- How can I continue building on my brightest rays to strengthen my overall well-being?
- Using the insights and information you've gained from this assessment, take some time to reflect on the areas where balance could bring more harmony into your life. Feel free to jot down your thoughts, ideas, or actionable steps to brighten the rays of sunshine in one or more of these principles. Let this be a moment to nurture growth, restore equilibrium, and illuminate your path forward.

By regularly engaging with the RECOVERY Sunshine Assessment, you'll illuminate a clearer path to a vibrant, fulfilling recovery journey. Let this tool be your guide to nurturing balance, celebrating progress, and shining brighter with every step forward.

RECOVERY SUNSHINE ASSESSMENT

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*Resilience and Growth*

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E

*Empathy and Self-Compassion*

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C

*Connection and Positive Relationships*

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*Optimism and Gratitude*

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*Vitality and Health*

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*Engagement and Purpose*

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R

*Reflection and Mindfulness*

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Y

*You-Focused Empowerment*

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