

# RECOVERY FOUNDATIONS

*for 2025*

WITH LAURA SHAW



5-DAY RECOVERY FOUNDATIONS GUIDE

# WELCOME FRIEND,



I'm so glad you're here and ready to make 2025 a year focused on recovery and stepping into your true identity!

This 5-day challenge will help you lay a strong foundation for your recovery journey. Each day features a meaningful activity or prompt to encourage reflection, build resilience, and inspire hope.

By the end of these five days, you'll have tools and insights to guide you through the year ahead.

With Hope,

*Laura Shaw*



# Contents



01 - DAY ONE

## DISCOVER YOUR WHY

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02 - DAY TWO

## LETTER FOR A HARD DAY

---

03 - DAY THREE

## HEAVY + LIGHT JAR

---

04 - DAY FOUR

## RECOVERY BUCKET LIST

---

05 - DAY FIVE

## LETTER TO YOUR FUTURE SELF

---

06 - NOW WHAT?

## NEXT STEPS

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A photograph of a wooden boardwalk path winding through a dense forest of tall evergreen trees. The path is made of dark wooden planks and leads into the distance. The trees are tall and thin, with green needles. The ground is covered in green undergrowth and ferns. The overall atmosphere is serene and natural.

RECOVERY  
IS  
POSSIBLE



DAY ONE

# DISCOVER YOUR WHY

Your “WHY” is the anchor of your recovery. It’s the driving force that will keep you grounded when challenges arise. It will also grow and adapt with you as you move through different stages of your recovery.

Take your time with this activity —journal your thoughts on the next page (or in your own journal). Think about the life you want beyond your eating disorder: relationships, passions, self-compassion, freedom, hobbies, etc. Reflect on why this moment is the right time to commit to recovery. Visualizing what recovery will feel like, peace, empowerment, connection —can help you stay motivated!









DAY TWO

# LETTER FOR A HARD DAY

You've probably heard this before, but recovery isn't linear. There will be moments when it feels overwhelming or unattainable. A letter written by your current self, full of encouragement, hope, and belief in YOUR journey, can be a powerful tool to lean on. Include any affirmations or reminders of your strength. Include reminders from your WHY for recovery as well!

Create a list of coping skills and self-care activities you can do to support yourself through the hard days. If you're looking for any suggestions, ask a friend, loved one, or someone else in recovery what has helped them get through hard moments.





DATE



DEAR \_\_\_\_\_,

A series of horizontal lines for writing the letter's content.





DAY THREE

# HEAVY + LIGHT

Life is a mix of heavy and light moments, and recovery is about learning to hold space for both. This jar/box will help you cultivate gratitude, acknowledge your resilience, and build hope for the future. As you look back on your reflections at the end of the year, you'll see evidence of the challenges you overcame, the joy you experienced, and the hopes that carried you forward. This exercise reinforces the idea that difficult times don't negate moments of joy, and vice versa.

Use the templates on the next few pages or create your own! Each week, you will take time to reflect on something that was Heavy, something that was Light and something you're looking forward to. Then, place it in the jar and at the end of the year you will read through each one.



# ✦ Weekly ✦

## Heavy + Light + Hope

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LIGHT

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HOPE

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DATE: \_\_\_\_\_

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# ✦ Weekly ✦

## Heavy + Light + Hope

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DAY FOUR

# RECOVERY BUCKET LIST

Create a bucket list of experiences or goals you want to experience in recovery. Are there activities you want to try, places you'd like to visit or hobbies you'd like to learn?

Recovery isn't just about letting go of an eating disorder; it's also about rediscovering yourself and exploring new possibilities! This bucket list can include big dreams or simple joys —both are equally meaningful! Write down on the following page (or in a journal) as many ideas as you'd like, and revisit your list throughout the year. Trying new things and stepping outside your comfort zone can help you reconnect with who you are beyond the eating disorder.







DAY FIVE

# LETTER TO YOUR FUTURE SELF

Write a letter to your future self to open either a year from now, on a random date, or trust your future self will know when the time is right.

This letter is a time capsule of your current self. It's an opportunity to reflect on how far you've come and set intentions for where you want to go. Speak to your future self with kindness and encouragement.

Highlight your courage and resilience, especially in the face of hard and challenging days. Celebrate the strength it takes to keep going and believing in your story. This world needs you and your light. Once you're done, seal it, date it for when to open it, and store it somewhere safe to revisit!









# NEXT STEPS

CONGRATULATIONS ON  
FINISHING THIS RECOVERY FOUNDATIONS GUIDE!

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Each of these activities is a step toward building a solid foundation for your recovery. Take it one day at a time, and remember that every small action adds up to meaningful progress. Recovery is possible, and you can create the life you've been waiting for! Here's to a year of healing, hope, and growth —you've got this!

If you're looking to carry this momentum forward with guided support or would like to learn more about how a recovery coach could help, book a [FREE Application Call](#), and we can discuss what kind of support you're looking for.



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