

# THE SCIENCE

A growing body of breaking research reveals that well-being and mental toughness or "resilience" are not only factors that separate those who succeed from those who plateau, they are teachable and buildable skillsets. This program takes a "TWIST" on the traditional 12-steps by applying principles and techniques of positive psychology research. The program covers topics and practices based on the PERMA-V<sup>®</sup> model (6 pathways to flourishing).



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# THE PRACTICE

Participants receive a workbook to follow throughout the program.

Each session includes:

- Review of relevant research
- Positive Intervention Practices
- Self Assessments
- Individual & Group Exercises
- Optional Homework

**MENTAL SKILLS:** deal with thoughts, worries, judgments and beliefs that may typically overwhelm you.

**EMOTIONAL SKILLS:** feel the way you want to feel, working with emotions rather than getting stuck in them.

**PHYSICAL SKILLS:** keep your body strong, vibrant and healthy, boosting your mood, enabling protective factors.

# BOOST YOUR RECOVERY



*Contact for details!*

Call 443.543.6764 or email:  
[monica@clearmindproject.com](mailto:monica@clearmindproject.com)

Visit:

[www.clearmindproject.com/T12](http://www.clearmindproject.com/T12)

# A TWIST *on the* TWELVE STEPS™

A science-based approach to enhancing recovery through mental, emotional & physical well-being.

*developed and led by*

the **clear mind** project

bringing the science of resilience  
& well-being to recovery

[www.clearmindproject.com](http://www.clearmindproject.com)  
*Recover Better.*

Monica J. Smith, MA, BCC, CAC, CAPP  
Founder, Board Certified Life & Recovery Coach  
Positive Psychology Practitioner & Resilience Trainer

# SESSIONS

## #1. RECLAIM YOUR POWER

Research shows that a growth mindset is what separates people who succeed & thrive. We have the ability to change our brain through intentional activities. Learn how to regain empowerment through positive neuroscience, shifting your mindset, and building on what you can control.

## #2. OWN YOUR STORY

Develop a greater sense of meaning and understanding about experiences in your life and how they have served you. Map out your journey and look at the whole story, not just the one you tell yourself most often. Learn to change your perceptions about challenges and find permission to be exactly who you are.

## #3. FEED YOUR SOUL

Investing in efforts instead of outcomes brings freedom and possibilities. Review the research to identify what feeds your emotional, mental and physical and spiritual energy tanks, learn to improve vitality, master real-time resilience and become a self-care guru.

## #4. DISCOVER YOURSELF

Every situation is an opportunity to leverage your strengths rather than trying to lessen your weaknesses. Studies have shown that people who use their strengths every day are more likely to report an excellent quality of life. Develop a balanced sense of self-awareness and improve self-efficacy by discovering your strengths.

## #5. UNCOVER YOURSELF

Authenticity is an act of service and a necessary component to positive relationships. Learn how to nurture social relationships, build your emotional intelligence, and apply the principles of whole-hearted living to your life.

## #6. DECIDE WHO YOU WANT TO BE

Hope is a motivating force for change and we are constantly evolving. Learn the research behind achievement and the stages of change to move from a life of limitation to unlimited potential.

## #7. BE THAT

Give yourself permission to change. Research tells us that setting and meeting goals increases a sense of satisfaction, builds self-efficacy and fuels the desire to achieve more. Learn the science of forming and transforming habits, settings and achieving goals, and techniques to use to support the process.

## #8. GIVE THANKS

Get in touch with your blessings and recognize others who have contributed to your strengths. Research shows that grateful people have less negative self-preoccupation, better sleep and vitality and an improved outlook on life. Learn practices to increase this perspective and show a new side of yourself by acknowledging positive influences.

## #9. EXPAND YOUR INVESTMENTS

Learn about emotional contagion, how to build and sustain healthy, positive relationships and techniques to incorporate new ways of responding to interpersonal challenges. Strengthening social ties creates upward spirals, positive self-perception and pro-social reciprocity.

## #10. BALANCE YOUR ACCOUNTS

Understanding what expands and drains your energy is critical to balance and well-being. Perform an energy audit. Review the research on self-regulation, understand triggers and develop strategies for coping with life's daily challenges authentically without being overcome or drained. Coping skills build emotional regulation and lessen depression.

## #11. MAKE DAILY DEPOSITS

Learn about mindfulness, transcendence, and meditation to choose practices that you can integrate into your daily life. Research shows that incorporating meaningful practices creates calm, focused energy.

## #12. SHARE YOUR WEALTH

Your energy and well-being is a form of currency in the world. Examine your strengths, passions, skills and wisdom to identify your true purpose. Cultivating and living with purpose reduces conflict in life goals, fuels motivation and creates a pathway for achievement.

# 12 POSITIVE STEPS TO WELL-BEING

- For anyone in recovery AND partners / family
- Offered in 12-week groups or weekend retreats
- Virtual and in person options available
- Increase wellbeing & empowerment
- Decrease stress & overwhelm
- Meet great people
- Learn to thrive
- Have fun
- Grow
- ☺

**NOT IN RECOVERY?**  
No Problem! This program can benefit anyone seeking balance and wellness in their life.

### FREE INTRO SESSION

Monica J. Smith, MA, BCC, CAC, CAPP is a Board Certified Life & Recovery Coach, Certified Positive Psychology Practitioner, & Certified Resilience Trainer. She holds a Master's Degree in Forensic Psychology from Marymount University and completed post-graduate study in counseling at Loyola University MD.

She is the founder of The Clear Mind Project, dedicated to bringing the science of well-being and resilience to recovery and bridging the gap between illness and wellness in the community.

