**Wild Life Prevention and Recovery Center (Lake Murray SC Station)**

**Goal: Learn how to live happily without a Drug of Choice (DOC)**

**Objectives:**

**1 – Learn how to work\* without a DOC**

**2 – Learn how to learn without a DOC**

**3 – Learn how to do chores without a DOC**

**4 – Learn how to socialize and play without a DOC**

**5 – Learn how to worship/rest without a DOC**

**6 – Learn how to meditate without a DOC**

**7 – Learn how to sleep without a DOC**

**\*Specializing in the 7H:**

**SUSTAINABLE Horticulture, Husbandry, HomeMaking, Hospitality, Hunting, Heathcare and The Humanities**

**Timeline:**

**1, 3, 10 or 30+ Days (The choice is yours)**

**Location:**

**Try this at home only after medically-supervised detox if you or your child or family need detox (and can afford it)**

**What is a Drug of Choice (DOC):**

**Anything that is supposed to relieve stress but causes more stress (blood, sweat, and tears, anxiety, depression, vomit, diarrhea, constipation, lack of sleep, too much sleep, etc) the way you use it).**

**Choose your DOC (We accept all of them):**

**Cell Phone, Fame, Fortune, Fashion, Finery, Family, Your Following, Football, Flava Flav, Phish, Gossip, Sugar, Power, Being Right, Being Wrong, Binging, Purging, Exercise, Porn, Sex, Orgasm, Your Mirror, Your Scales, Your Makeup, Gaming, Legal Drugs Not Prescribed to You, Legal Drugs Not Taken as Prescribed by You, Illegal Drugs, Television, Alcohol, Coffee, Energy Drinks, Nicotine, Money!, Oil, Gas, Air Conditioning, Shopping, Plastic Bags, Plastic Anything**

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| **TIME** | | | **NO CELL PHONES EXCEPT FOR ONLINE CLASS/WORSHIP AND AT APPOINTED TIMES** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers** | **Teachers**  **&**  **Other Schedule Followers** | **Real Housewife**  **(The Boss Makes All Schedules)** | **ACTIVITIES** |
| **2:00a** | **3:00a** | **5:00a** | **Wake Up:**  **\_\_\_Make Bed**  **\_\_\_Brush&Floss**  **\_\_\_Deodorant**  **\_\_\_Make n Serve Coffee, Tea, Waters for Self & Partner**  **\_\_\_Clean up Vomit, Blood, Sweat, Tears, Etc.** |
| **2:30a** | **3:30a** | **5:30a** | **The Choice is Yours:**  **\_\_\_12-Step Meeting, Therapy, Class, Meet with Sponsor**  **\_\_\_Dhamma Talk, Sermon, Worship Service**  **\_\_\_Exercise (Not too much, Not too little)**  **\_\_\_Hunt, Fish**  **\_\_\_Chant, Walk, Stretch**  **\_\_\_Meditate Online (Mon-Fri** [**www.mindfulleader.org/meditate-together**](http://www.mindfulleader.org/meditate-together)**)**  **\_\_\_Meditate on Your Own:**  **20 min – Moving: Yoga, Qi Gong, Walk Cat, Water Plants, Wrestle Kids Awake**  **20 min – Sitting: Keep Coming Back. . .To Your Breath** |
| **4:00a** | **5:00a** | **07:00a** | **Practice Silence (or Yell at Each Other)**  **Dress for the Day:**  **\_\_\_Take Turns Getting Kids, Disabled, Elderly and Yourself Ready**  **\_\_\_No Makeup Except for Celebrations**  **\_\_\_You may have 2 2mg Nicotine Lozenges at this time, if needed** |
| **4:30a** | **5:30a** | **07:30a** | **Practice Silence (or Yell at Each Other)**  **Homemakers:**  **\_\_\_Prepare Breakfast**  **\_\_\_Whole Foods Only – No sugar or sugar substitutes, corn products, sodas, juice drinks**  **\_\_\_Teach and Help Kids Set the Table**  **Students:**  **\_\_\_Clean up/Organize Learning Space**  **Master Teachers and Team USA:**  **\_\_\_Prepare Work Space** |
| **5:00a**  **5:45a** | **6:00a**  **6:45a** | **8:00a**  **8:45a** | **Practice Social Skills:**  **\_\_\_Eat Together including Water for All Animals (This Means You)**  **\_\_\_Positive Speech Only**  **\_\_\_No Sarcasm**  **\_\_\_No Cursing**  **\_\_\_No Cell Phones EVER at Family/Team Table**  **\_\_\_Clean Up Dishes as a Team**  **\_\_\_Teach the Dog to have a Walk and Scoop all Poop**  **\_\_\_Transport (Self, Kids, Disabled, Elders) to Work, School, Center, Doctor, Therapist** |

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| **6:00a**  **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **Work until The Boss says stop.** | **7:00a**  **Teachers**  **(& Other Schedule Followers) Work until The Boss says stop… and then take work home.** | **09:00a** | **Paid Work, Teaching and Learning Begin**  **The Choice is Yours:**  **\_\_\_12-Step Meeting, Therapy, Class, Meet with Sponsor**  **\_\_\_Dhamma Talk, Sermon, Worship Service**  **\_\_\_Exercise (Not too much, Not too little)**  **\_\_\_Chant, Walk, Stretch**  **\_\_\_Meditate Online (Mon-Fri** [**www.mindfulleader.org/meditate-together**](http://www.mindfulleader.org/meditate-together)**)**  **\_\_\_Meditate on Your Own:**  **20 min – Moving: Yoga, Qi Gong, Walk Cat, Water Plants, Wrestle Kids Awake**  **20 min – Sitting: Keep Coming Back. . .To Your Breath** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **continue**  **Work until The Boss says stop.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Work until The Boss says stop… and then take work home.** | **10:00a**  **12:00p** | **REAL HOUSEWIVES\*:**  **\*Students, Disabled, Elders do their own (if able) at a regularly scheduled time of their choice\***  **MONDAY: Bedrooms\*, Living Rooms, Dens\***  **\_\_\_Clean (Top Down) – Inside Windows, Furniture, Floors, Trash Cans**  **\_\_\_Clear away the wreckage of your path\* (Unused Items in Closets, Drawers, Cabinets, Shelves)**  **\_\_\_Remove Mirrors and Scales (Keep Make-Up Mirror and Pay Attention to How Your Body Feels)**  **\_\_\_Make 3 piles: (1) Trash, (2) Donate, (3) Keep (The things that you own end up owning you)**  **\_\_\_Re-organize Essential Items (Keep it Simple or You’ll Regret It!)**  **\_\_\_Put Trash and Donations in Bins in Designated Area for Transport Friday**  **TUESDAY: Bathrooms\***  **\_\_\_Clean (Top Down) – Inside Windows, Sinks, Tubs, Showers, Toilets, Floors, Trash Cans**  **\_\_\_Clear away the wreckage of your path\* (Unused Items in Closets, Drawers, Cabinets, Shelves)**  **\_\_\_Remove Mirrors and Scales (Keep Make-Up Mirror and Pay Attention to How Your Body Feels)**  **\_\_\_Make 3 piles: (1) Trash, (2) Donate, (3) Keep (The things that you own end up owning you)**  **\_\_\_Re-organize Essential Items (Keep it Simple or You’ll Regret It!)**  **\_\_\_Put Trash and Donations in Bins in Designated Area for Transport Friday**  **WEDNESDAY: Kitchens and Dining Rooms**  **\_\_\_Clean (Top Down) – Inside Windows, Pantry, Counters, Sink, Appliances, Cans, Tables, Chairs**  **\_\_\_Clear away the wreckage of your path\* (Unused and Out-of-Date Items)**  **\_\_\_Remove Mirrors and Scales (Keep Make-Up Mirror and Pay Attention to How Your Body Feels)**  **\_\_\_Make 3 piles: (1) Trash, (2) Donate, (3) Keep (The things that you own end up owning you)**  **\_\_\_Re-organize Essential Items (Keep it Simple or You’ll Regret It!)**  **\_\_\_Put Trash and Donations in Bins in Designated Area for Transport Friday**  **THURSDAY: Laundry Rooms and Foyers**  **\_\_\_Launder Clothes\***  **\_\_\_Clean Laundry Room, Trash Cans,**  **\_\_\_Clear away the wreckage of your path\* (Unused Items in Closets, Drawers, Cabinets, Shelves)**  **\_\_\_Remove Mirrors and Scales (Keep Make-Up Mirror and Pay Attention to How Your Body Feels)**  **\_\_\_Make 3 piles: (1) Trash, (2) Donate, (3) Keep (The things that you own end up owning you)**  **\_\_\_Re-organize Essential Items (Keep it Simple or You’ll Regret It!)**  **\_\_\_Put Trash and Donations in Bins in Designated Staging Area**  **\_\_\_Plan Menu for Week**  **\_\_\_Pharmacy/Toiletries Pick-up**  **\_\_\_Grocery Shopping for the Week (Preferably at Farmer’s Market and NO PLASTIC BAGS!!!)**  **FRIDAY: Bed Linens, Garages and Storage Areas (Linen Closets, Sheds, Etc)**  **\_\_\_Strip and Air Beds\***  **\_\_\_Wash and Dry Bed Linens\***  **\_\_\_Clear away the wreckage of your path\* (Unused Items in Closets, Drawers, Cabinets, Shelves)**  **\_\_\_Remove Mirrors and Scales (Keep Make-Up Mirror and Pay Attention to How Your Body Feels)**  **\_\_\_Make 3 piles: (1) Trash, (2) Donate, (3) Keep (The things that you own end up owning you)**  **\_\_\_Re-organize Essential Items (Keep it Simple or You’ll Regret It!)**  **\_\_\_Put Trash and Donations in Bins in Designated Staging Area**  **\_\_\_Take 3 piles to: Dump, Recycling Center, Donation Center**  **\_\_\_Remake Beds**  **SATURDAY TEAM USA TIME: Vehicles, Yards, Decks, ManCaves, SheSheds, Pools & Spas**  **\_\_\_Everybody! Clear away the wreckage of your path (Unused Items Everywhere)**  **\_\_\_Make 3 piles: (1) Trash, (2) Donate, (3) Keep (The things that you own end up owning you)**  **\_\_\_Re-organize Essential Items (Keep it Simple or You’ll Regret It!)**  **\_\_\_Put Trash and Donations in Bins in Designated Area for Transport**  **\_\_\_Take 3 piles to: Dump, Recycling Center, Donation Center**  **\_\_\_Complete ALL Mon-Fri chores if you don’t have a Real Housewife**  **\_\_\_Complete ALL Mon-Fri chores UNLESS you pay Maid LivableWage,Retirement,Vacation,Health**  **\_\_\_Home Maintenance UNLESS you pay Maintenance a LivableWage,Retirement,Vacation,Health**  **\_\_\_Vehicle Maintenance UNLESS you pay Mechanics a LivableWage,Retirement,Vacation,Health**  **\_\_\_Vehicle Wash/Vacuum UNLESS you pay The Help a LivableWage,Retirement,Vacation,Health**  **\_\_\_Yard Work UNLESS you pay Lawn Service a LivableWage,Retirement,Vacation,Health**  **\_\_\_Pool Maintenance UNLESS you pay Pool Boy a LivableWage,Retirement,Vacation,Health**  **\_\_\_Accounting (Balance Books, Pay Bills, Pay Taxes) UNLESS you pay Accountant to Avoid Them**  **\_\_\_Budgeting (Education, Lessons, Retirement, Health, Long-Term Care, Birthdays, Vacations)**  **\_\_\_Correspond with Family, Friends, and Politicians (Have you got a point to sell me?)**  **\_\_\_Spay and Neuter All Pets**  **\_\_\_Volunteer**  **\_\_\_Party it Up! Party It Out!**  **SUNDAY TEAM USA TIME:**  **\_\_\_Complete all chores not completed Mon-Sat (unless you have to work)**  **\_\_\_Learn how to Rest Worship BeGrateful without your DOC**  **\_\_\_Family Meeting**  **\_\_\_Outdoor Play and Indoor Play (The Family that Plays Together Stays Together!!!)** |
| **Break (Together with Family on Days Off)**  **12-Step Meeting, Therapy, Class, Dhamma Talk, Sermon, Qi Gong, Water Plants, Chant, Walk, Sit, Exercise, Watch Birds, Meditate (Online Mon-Fri** [**www.mindfulleader.org/meditate-together**](http://www.mindfulleader.org/meditate-together)**)** |
|  |  | **01:00p** | **Practice Silence (Together with Family on Days Off)**  **\_\_\_Prepare Breakfast**  **\_\_\_Whole Foods Only – No sugar or sugar substitutes, corn products, sodas, juice drinks**  **\_\_\_Teach and Help Kids Set the Table** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **Break When The Boss says.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Break When The Boss says … and then take work home.** | **01:30p** | **Practice Social Skills (Together with Family on Days Off)**  **\_\_\_Eat Together including Water for All Animals (This Means You)**  **\_\_\_Positive Speech Only**  **\_\_\_No Sarcasm**  **\_\_\_No Cursing**  **\_\_\_No Cell Phones EVER at Family/Team Table**  **\_\_\_Clean Up Dishes as a Team**  **\_\_\_Teach the Dog Have a Walk and Scoop all Poop** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **continue**  **Work until The Boss says stop.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Work until The Boss says stop… and then take work home.** | **02:30p** | **REAL HOUSEWIVES:**  **\_\_\_Answer calls, emails, letters, bills at this time**  **\_\_\_CONTINUE, IF NEEDED:**  **MONDAY: Bedrooms\*, Living Rooms, Dens\***  **TUESDAY: Bathrooms\***  **WEDNESDAY: Kitchens and Dining Rooms**  **THURSDAY: Laundry Rooms and Foyers**  **FRIDAY: Bed Linens, Garages and Storage Areas (Linen Closets, Sheds, Etc)**  **SATURDAY (FAMILY TEAM DAY):**  **\_\_\_Learn how to play without your DOC (The Family that Plays Together Stays Together)**  **\_\_\_Learn how to play music together without your DOC**  **\_\_\_Learn how to dance together without your DOC**  **\_\_\_Learn how to read together without your DOC**  **\_\_\_Learn how to \_\_\_\_\_\_\_\_\_\_ together without your DOC**  **SUNDAY (FAMILY TEAM DAY):**  **\_\_\_Learn how to Rest Worship BeGrateful without your DOC**  **\_\_\_Have a Family Meeting**  **\_\_\_Play Indoors**  **\_\_\_Play Outdoors** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **continue**  **Work until The Boss says stop.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Work until The Boss says stop… and then take work home.** | **04:30p** | **The Choice is Yours:**  **\_\_\_Physical Training (5 minute Stretch > 20 minute Activity > 5 minute Stretch)**  **\_\_\_Transport Kids, Disabled, Elders Back Home**  **\_\_\_Monitor Homework and Play with the Kids if you have them**  **\_\_\_Volunteer with the Kids if you have them**  **\_\_\_Get Sexy!**  **\_\_\_Shop!**  **\_\_\_Get lazy** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **continue**  **Work until The Boss says stop.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Work until The Boss says stop… and then take work home.** | **05:30p** | **Practice Silence (or Yell):**  **\_\_\_Teach Everyone How to Prepare Dinner**  **\_\_\_Take Turns Preparing Dinner**  **\_\_\_No sugar, juice drinks, energy drinks, or red meat (except 1x per week)**  **\_\_\_Teach Everyone How to Set the Table**  **\_\_\_Take Turns Setting the Table** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **continue**  **Work until The Boss says stop.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Work until The Boss says stop… and then take work home.** | **06:30p** | **Practice Social Skills Together:**  **\_\_\_Eat Together including Water for All Animals (This Means You)**  **\_\_\_Positive Speech Only**  **\_\_\_No Sarcasm**  **\_\_\_No Cursing**  **\_\_\_No Cell Phones EVER at Family/Team Table**  **\_\_\_Clean Up Dishes as a Team**  **\_\_\_Teach the Dog Have a Walk and Scoop all Poop** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **continue**  **Work until The Boss says stop.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Work until The Boss says stop… and then take work home.** | **07:30p** | **Screens Off (Except for Film Night and Talks/Sermons):**  **\_\_\_Brush/Floss/Bathe/Shower Kids, Disabled, Elders**  **\_\_\_Monitor More Homework and Play,**  **\_\_\_Walk/Train Dog and Cat**  **\_\_\_Read and Snuggle Together**  **\_\_\_Tuck Kids In**  **THEN The Choice is Yours:**  **\_\_\_12-Step Meeting, Therapy, Class, Meet with Sponsor**  **\_\_\_Dhamma Talk, Sermon, Worship Service**  **\_\_\_Exercise (Not too much, Not too little)**  **\_\_\_Chant, Walk, Stretch**  **\_\_\_Meditate Online (Mon-Fri** [**www.mindfulleader.org/meditate-together**](http://www.mindfulleader.org/meditate-together)**)**  **\_\_\_Meditate on Your Own:**  **20 min – Moving: Yoga, Qi Gong, Walk Cat, Water Plants, Wrestle Kids Awake**  **20 min – Sitting: Keep Coming Back. . .To Your Breath**  **ADULTS:**  **\_\_\_Which Adult is On Call Tonight All Night for jails, institutions, death?**  **\_\_\_Adult Time: Are we meeting Our Goals for Our Family/Team?**  **\_\_\_Huh? Party it up! Party it out!** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **continue**  **Work until The Boss says stop.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Work until The Boss says stop… and then take work home.** | **08:30p** | **\_\_\_ Brush/Floss/Bathe/Shower Self**  **\_\_\_Meditate (10 minutes): Yoga, Qi Gong, Chanting, Walking, Sitting**  **\_\_\_Daily Accounting/Inventory – You may ask yourself:**  **\_\_\_Eyes: Did I watch anything harmful today or look at anyone in a way that was harmful?**  **\_\_\_Ears: Did I listen to anything today that was harmful to self or others, or listen too loud?**  **\_\_\_Nose: Did I sniff/snort/blow or pick anything that caused harm to self or others?**  **\_\_\_Mouth: Did I eat/drink or say anything today that was harmful to self or others?**  **\_\_\_Limbs: (HandArmsLegsFeet): Did I punch, fight, slap, whip, kick, hit self or others today?**  **\_\_\_Genitals: Did I harm myself or others with my genitals today?**  **\_\_\_Brain: Did I harm myself with my thoughts or feelings today? Did I let go of them?**  **\_\_\_Repent: You are forgiven; forgive yourself.**  **\_\_\_Reflect: What did I do right today? You know you got it in ya.** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers**  **continue**  **Work until The Boss says stop.** | **Teachers**  **(& Other Schedule Followers)**  **Continue**  **Work until The Boss says stop… and then take work home.** | **09:00p** | **Exit Light, Enter Night (Don’t forget, my son, to include everyone.)** |