Free Indeed Starter Pack

Free printables from the Free Indeed Recovery Series

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Welcome

These pages come from *Known*, Book 1 of the Free Indeed Recovery Series. Print them, share them, and use them however they help. If you're printing for someone in a jail or facility, check what's allowed in first (some don't allow cardstock or tape).

Inside: a check-in to see where you are today · pocket verse cards to cut out · a 30-day small-steps tracker.

More free pages and new-book news: suzannedburns.com/freeindeed

Where I'm Starting: a Check-in

○ LIGHT

There are no right answers here, and no one is grading this. This is a snapshot of today, so you can look back later and see what has moved, even a little.

Circle the word that fits best **today**.

1. I can name at least one good thing about who I am.

Not yet · Sometimes · Often

2. When I mess up, I can tell the difference between what I did and who I am.

Not yet · Sometimes · Often

3. I'm open to the idea that God looks at me with kindness.

Not yet · Sometimes · Often

4. There is at least one person I can be honest with about my past.

Not yet · Sometimes · Often

5. I feel some hope about who I am becoming.

Not yet · Sometimes · Often

One word for how I feel about myself today: _____

Date: _____

Pocket Verse Cards

○ LIGHT

Cut or carefully tear along the dashed lines. (No scissors? Fold on the line first, then tear.) Keep one in your pocket, your Bible, your locker or by your bed (if your facility allows). Pull it out when a shame wave hits.

"There is therefore now no condemnation for those who are in Christ Jesus." **Romans 8:1**	"You are a God of seeing." **Genesis 16:13**
"A spring of water welling up to eternal life." **John 4:14**	"You shall eat at my table always." **2 Samuel 9:7**
"O LORD, you have searched me and known me!" **Psalm 139:1**	"Come and have breakfast." **John 21:12**
"So if the Son sets you free, you will be free indeed." **John 8:36**	"I have called you by name, you are mine." **Isaiah 43:1**

30 Days of Small Steps

○ LIGHT

Pick one small step each day and check the box. Missed a day? Just start again. The point is direction, not perfection. Slipped back into an old habit? That's not the end of your story. Peter went back to the boat, and Jesus came to the shore. Tell someone safe, and start again.

Small steps from this book:

- **Seen:** When I hide or shrink, I say, "God sees me. He looks after me."
- **Fully Known:** I tell one true thing to one safe person.
- **Welcomed:** When someone is kind, I say "Thank you" — and stop there.
- **Restored:** I do one small thing to help someone else.
- **Anytime:** I say Romans 8:1 from memory.
- **Anytime:** I make one call, or write one honest letter or message, to someone safe. Or I go to a meeting or group, if I can.

1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11 ○	12 ○
13 ○	14 ○	15 ○	16 ○	17 ○	18 ○
19 ○	20 ○	21 ○	22 ○	23 ○	24 ○
25 ○	26 ○	27 ○	28 ○	29 ○	30 ○

What I noticed after 30 days:

About the Free Indeed Recovery Series

Six short workbooks for men and women in recovery, in a program, or in a hard season: *Known · Where It Stops · Released · Set It Down · Already New · Not Alone*. Each has a Leader's Guide for groups. Proceeds support Foundation House Ministries, a 501(c)(3) nonprofit in Cleveland, Tennessee.

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