

WALT'S JOURNEY

— MINI GUIDE —

Life Recovery

Rebuilding Your Life After It Falls Apart

— *from the author of* —

Crock Pots & Common Sense

— FREE PDF GUIDE —

— Back Porch Media Holdings LLC —

LIFE RECOVERY

Rebuilding Your Life After It Falls Apart

WALT'S JOURNEY — MINI GUIDE

By Walt Adkins Jr.

***— Author of Crock Pots & Common
Sense***

COPYRIGHT

© 2026 Walter Adkins Jr.

Published by

Back Porch Media Holdings LLC

All rights reserved.

Dedication

For anyone whose life has been knocked
off course —

by addiction, divorce, prison, trauma,
grief, disability, failure, or loss —

and who is ready to stop surviving
and start rebuilding.

Second chances are real.

So is the work it takes to earn them.

Table of Contents

Folks, Your Story Isn't Over	1
Life Recovery Starts With Ownership	2
You Can't Undo the Past – But You Can Build the Future	3
Recovery Is Daily Work.....	4
Leave the Old Identity Behind	5
Distance Yourself From What Broke You	7
Structure Saves Lives.....	8
Build a Simple Recovery Routine.....	9
Earn Back Trust Slowly	10
Your Pain Can Become Purpose	11
Replace Shame With Discipline.....	12
Build a New Support System	13
Learn to Forgive Yourself.....	14
You Still Have Value	15
Do the Next Right Thing	16
This Is Your Second Chance Season	18
Commitment Page	19
About the Author	20

Folks, Your Story Isn't Over

Folks, your life is not ruined.

It's bruised.

There's a difference.

You are not your worst mistake.

You are not your lowest moment.

You are not your past.

You're someone with a future

— if you're willing to rebuild it.

Life Recovery Starts With Ownership

You don't heal by blaming.

You heal by owning.

Owning your choices.

Owning your habits.

Owning your next step.

Responsibility isn't punishment —
it's power.

The moment you say,

“This is on me,” — your comeback
begins.

You Can't Undo the Past – But You Can Build the Future

You can't change what happened.

You can change what happens next.

You don't rebuild your life by replaying yesterday —

you rebuild it by working on today.

Progress starts with one honest decision:

I'm going to do better — starting now.

Recovery Is Daily Work

Recovery isn't a moment.

It's a practice.

You don't recover once.

You recover daily.

You choose:

- Better habits
- Better decisions
- Better boundaries
- Better direction

Every single day.

Leave the Old Identity Behind

You cannot build a new life
while clinging to the identity of the old
one.

You're not:

- The addict
- The inmate
- The failure
- The victim
- The broken one
- The lost cause

You are:

- Someone rebuilding
- Someone accountable
- Someone disciplined
- Someone becoming stronger
- Someone writing a new story

Distance Yourself From What Broke You

If something nearly destroyed your life — you don't flirt with it.

That includes:

- People
- Places
- Habits
- Environments
- Patterns

Healing requires boundaries.

Boundaries protect your future.

Structure Saves Lives

Chaos ruins recovery.

Structure restores stability.

You need:

- A routine
- A schedule
- A plan
- Accountability
- Healthy habits

Freedom comes from structure —
not from drifting.

Build a Simple Recovery Routine

Keep it basic:

- Wake up early
- Eat better
- Move your body
- Work
- Learn
- Rest
- Repeat

You don't need perfect.

You need consistent.

Earn Back Trust Slowly

You don't rebuild trust with promises.

You rebuild it with patterns.

Show up.

Be consistent.

Tell the truth.

Keep commitments.

Trust is rebuilt

one day at a.

Your Pain Can Become Purpose

Your worst seasons
can become your greatest lessons.

Pain can sharpen you.

Failure can humble you.

Regret can motivate you.

You don't waste suffering —
you transform it.

Replace Shame With Discipline

Shame keeps you stuck.

Discipline moves you forward.

You don't need to hate yourself into change.

You need to train yourself into consistency.

Discipline builds identity.

Identity builds confidence.

Build a New Support System

You cannot heal around people who benefit from your brokenness.

Choose people who:

- Support growth
- Tell the truth
- Expect better
- Encourage responsibility

Healing needs healthy community.

Learn to Forgive Yourself

You can't rebuild your future
if you keep punishing yourself for your
past.

Acknowledge your mistakes.

Learn from them.

Let them shape wisdom — not shame.

Forgiveness frees you
to move forward.

You Still Have Value

Your story still matters.

Your experience still matters.

Your comeback still matters.

You are not disposable.

You are not done.

You are not beyond hope.

You still bring value to the world.

Do the Next Right Thing

You don't fix your whole life at once.

You fix today.

You:

- Fix today
- Show up tomorrow
- Repeat the next day
- Build momentum
- Build trust
- Build a better life over time

Ask yourself:

“What's the next right step?”

Then take it —
even if it's small.

This Is Your Second Chance Season

Some people waste their second chance.

Others build a legacy with it.

You get to choose which one you become.

This season can define you —

if you treat it with respect.

Commitment Page

Write and sign this:

I commit to rebuilding my life.

I will take responsibility for my choices.

I will build discipline and structure.

I will leave behind what broke me.

I will earn my second chance.

I will move forward — one day at a.

Signature: _____

Date: _____

About the Author

Walt Adkins Jr. is the creator of The Back Porch Playbooks—a series of candid, practical guides that help people rebuild their lives after addiction, trauma, loss,



or other hardships. Drawing on his Appalachian roots and a commitment to discipline and second chances, Walt writes to equip readers with real-world strategies rather than abstract advice. His mission is to keep people from

wasting their lives by offering hope and a clear path forward.

Walt's writing emphasizes ownership, daily discipline, and the courage to leave old identities behind. Through his work, he shows that second chances are possible—and they're earned through consistent effort and personal accountability.

WALT'S JOURNEY

—— *Live Your Best Life Now* ——

WalterAdkinsJr.com

—— Back Porch Media Holdings LLC ——