MY RECOVERY GOALS & PLAN

Personal Vision & Motivation

My safe place looks like...

When I imagine myself healthy and free, I feel...

What gives me hope is...

GOALS

Substance Use Recovery Goals

When I think about sobriety, my body feels...

My biggest challenge right now is...

A gentle step I can take today is...

SELF-CARE

Physical Health

My body feels strongest when...

One way I want to care for my body is...

Today I notice my body feels...

HEALING

Mental & Emotional Wellness

A feeling I want to understand better is...

When I am overwhelmed, it helps me to...

Something kind I can say to myself today is...

EMPOWERED

Support Systems

A person who makes me feel safe is...

When I reach out for support, I feel...

I feel connected when...

FULL POTENTIAL

Life Skills & Daily Living

When I accomplish a small task, I feel...

A daily rhythm that helps me feel calm is...

I want to feel more confident in...

OPPORTUNITY

Education & Employment

When I imagine my future work/education, I feel...

A strength I already have is...

Something new I want to learn is...

PURPOSE

Spirituality & Purpose

When I feel most connected, it is because...

My sense of purpose grows when...

A practice that grounds me is...

COMMUNITY

Community Engagement

I feel a sense of belonging when...

A way I would like to give back is...

Being part of a community feels like...

SAFETY

Crisis & Safety Planning

My early warning signs are...

A safe way to soothe myself is...

Someone I trust to call in hard times is...

JOURNEY

Short-Term vs. Long-Term Goals

A small step I can take this week is...

A long-term dream I hold is...

I will celebrate myself by...

ACCOUNTABILITY

Accountability & Review

I feel proud of myself when...

The progress I've noticed is...

Something I want to remember if I struggle is...