

Overall Goals/ Wellness Plan

This plan is written, maintained, and kept by you.

Overall Goals

Write down what your overall recovery goals are. What are your motivations for deciding to embark on this positive journey of change? You may want to divide this into areas of your life such as Physical, mental, emotion health, or relationships with family and friends. We will examine all of these in more detail together.

Physical Health

Mental Health

Emotional/spiritual Health

Family Relationships

Friends Relationships

