Recovery Planning WORKSHEET

Set Your Goals • Take Daily Steps • Build a Healthier Tomorrow

Progress over Perfection ♡

Recovery is a journey, not a destination. This worksheet will help you identify your goals, plan daily steps, and track your progress. Use it as a guide to stay focused, build healthy habits, and celebrate your progress — no matter how small.

1. MY RECOVERY GOALS

What do I want to achieve in my recovery?

1. _____
2. _____
3. _____
4. _____
5. _____

Big goals start with small, steady steps.

2. DAILY STEPS

What can I do each day to move toward my goals?

- ☐ Stay sober / drug-free
- ☐ Attend meetings or support group
- ☐ Take medication as prescribed
- ☐ Practice healthy coping skills
- ☐ Reach out to a supportive person
- ☐ Focus on nutrition and hydration
- ☐ Get regular rest
- ☐ Do something positive for my mental health
- ☐ Other: _____

3. DAILY PROGRESS TRACKER

Check off your daily steps and note how you're feeling.

Date	Stayed Sober / Drug-Free	Attended Support / Meeting	Took Medication	Used Coping Skills	Reached Out for Support	Healthy Choices (Nutrition/Rest)	How I Feel Today (1-10)	Notes *(What went well? What was challenging?)*
Mon								
Tue								
Wed								
Thu								
Fri								
Sat								
Sun								

4. MY PROGRESS

What am I proud of? What's getting better?

_____
_____
_____
_____
_____
_____

Every step forward is a victory.

5. SUPPORT SYSTEM

Who can I lean on?

Family: _____
Friends: _____
Sponsor / Mentor: _____
Counselor / Therapist: _____
Support Group: _____
Other: _____

You don't have to do this alone.

6. REFLECTION & NEXT STEPS

What do I need to focus on next?

What's working well? _____
_____
_____

What do I need to improve? _____
_____
_____

My next 3 steps: _____
1. _____
2. _____
3. _____

You are stronger than your struggle.

RECOVERY IS POSSIBLE