

# Recovery Goal Setting

Where you are · Where you're going · How you'll get there



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Goals give your recovery direction and purpose. Start small, be specific, and celebrate every step forward. This isn't about perfection — it's about progress.

## Where I Am Now

How long have I been in recovery?

\_\_\_\_\_

What's going well in my recovery right now?

\_\_\_\_\_

\_\_\_\_\_

What area needs the most attention?

\_\_\_\_\_

\_\_\_\_\_

On a scale of 1–10, how committed do I feel right now?

Low 1 2 3 4 5 6 7 8 9 10 High

## This Week – Small Wins

1

Goal:

Steps to achieve it:

Target date:

2

Goal:

Steps to achieve it:

Target date:

## This Month – Building Momentum

1

Goal:

Steps to achieve it:

Target date:

2

Goal:

Steps to achieve it:

Target date:

## 3-Month Vision

1

Goal:

Steps to achieve it:

Target date:

## My Support System

Who will help me stay accountable?

PERSON

HOW THEY HELP

CONTACT



"A goal without a plan is just a wish. You've already taken the first step by writing it down."