



Wellness and Recovery Model

My Recovery Wellness Plan: Part 1

1. What is my motivation for making this change? -

2. What are my biggest barriers?

3. What does Recovery Look like to You? Please check all recovery supports that apply.

Mutual Aid Groups _____
Medication Assisted Treatment (MAT) _____
Peer Support/Recovery Coach _____
Inpatient _____
Outpatient _____
Family Support _____
Recovery Centers _____
Abstinence _____
Service to Others _____
Harm Reduction _____
Personal Growth (mindfulness, nutrition, yoga...) _____
Change in Environment _____

4. What is my first goal?

5. The first three things that I must do to move this goal forward are:

1. _____

2. _____

3. _____

6. What are the things that must happen to get to the above tasks?

1. _____

2. _____

3. _____

7. Steps I can take to prevent relapse:

1. _____

2. _____

3. _____

“You can, you should, and if you’re brave enough to start, you will.”

— Stephen King

