



## Wellness and Recovery Model

### My Recovery Wellness Plan: Part 2

1. What is the best version of myself?

Family: \_\_\_\_\_

Housing: \_\_\_\_\_

Employment: \_\_\_\_\_

Hobbies: \_\_\_\_\_

Beliefs: \_\_\_\_\_

2. Identify current supports.

Relationships: \_\_\_\_\_

Activities: \_\_\_\_\_

Organizations: \_\_\_\_\_

Community: \_\_\_\_\_

3. What is my next goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

6. Steps I can take to prevent relapse:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

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**“Your greatest self has been waiting your whole life; don't make it wait any longer.”**

— Steve Maraboli