



Wellness and Recovery Model

My Recovery Wellness Plan: Part 3

1. What is my plan for prevention?

When I am overwhelmed, I will:

When I am stressed, I will:

When I am faced with a potentially stressful event, I will:

When I am faced with a craving, I will:

When I am faced with a trigger, I will:

2. Identify recovery 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. _____

“You are not your struggles, and you are here NOW with the power to shape your day and your future.”

— Steve Maraboli

