



My Recovery Wellness Plan for Parenting Women

1. What is my motivation for making healthy choices for myself and children?

2. What is the best version of myself?

Family: _____

Housing: _____

Employment: _____

Hobbies: _____

Beliefs: _____

3. What does my Recovery look like? 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 supports do I have?

Relationships: _____

Activities: _____

Organizations: _____

Community: _____

Prenatal: _____

5. What do I want the future to look like for myself and my children?

6. What does my care team look like?

Provider – PCP: _____

Pediatrician: _____

Mental Health Support: _____

Recovery support: _____

Family Support: _____

7. What resources do I need?

- Nutrition Assistance ____
- Childcare ____
- Cash Assistance ____
- Housing ____
- Transportation ____
- Family Education and Support ____
- Supportive Parenting ____

8. What is am I most proud of and how can this help me?

9. What is my first goal?

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

1. _____

2. _____

3. _____

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

1. _____

2. _____

3. _____

12. Steps I can take to prevent relapse:

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