



## My Recovery Wellness Plan for Pregnant Women

1. What is my motivation for making this a healthy pregnancy?

---

---

---

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 concerns do I have for this pregnancy?

---

---

---

6. What does my care team look like?

Provider – PCP: \_\_\_\_\_

OBGYN: \_\_\_\_\_

Pediatrician: \_\_\_\_\_

Mental Health Support: \_\_\_\_\_

Recovery support: \_\_\_\_\_

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

7. What is my postpartum plan, for myself and my baby?

---

---

---

8. What is my first goal?

---

---

---

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

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

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

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

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

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

11. Steps I can take to prevent relapse:

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

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

— Steve Maraboli