

My Recovery/Wellness Plan

Life Area	Goal	Priority 0 -10	Barriers	Strengths	Action Step	Supporters & Community Resources
Living Environment						
Employment						
Education Learning						
Finances						
Legal						
Health Medical						
Social Support Relationships						
Emotional						
Spirituality						
Mental Health						
Substance Use						
Interests Recreation						
Other						

Sources: Tondora, J. Miller, R., Guy, K., & Lanteri, S. (2009). Getting in the Driver's Seat of Your Treatment: Preparing for Your Plan. Yale Program for Recovery and Community Health. [PDF] Retrieved from https://cdn.ymaws.com/www.fadaa.org/resource/resmgr/files/resource_center/Getting_In_Drivers_Seat.pdf;
 Daley, D. C., Marlatt, G. A., & Marlatt, G. A. (2006). Overcoming your alcohol or drug problem: Effective recovery strategies. Oxford University Press.

My Recovery/Wellness Plan Example

Life Area	Goal	Priority 0 -10	Barriers	Strengths	Action Step	Supporters & Community Resources
Health	I want to quit smoking.	8	Cravings are very strong.	I was able to stop for 6 months two years ago.	Call the smoking quit line by the end of the day.	My counselor, spouse, and children. The Maine Tobacco Quit Line