

recovery planning

Getting started in your recovery

In order to start setting goals, it is helpful to identify where the problem areas are in your life.

Use the following table to really focus on which areas you need to work on.

Problem Areas	Satisfaction out of 10	what would have to change to score 10 out of 10	Priority
Drug and/or alcohol use			
Health (physical and mental)			
Social life and friends			
Relationships			

Problem Areas	Satisfaction out of 10	what would have to change to score 10 out of 10	Priority
Housing			
Job/Education			
Money			
Exercise			
Legal and Crime			

When you've worked out what you have in terms of strengths and resources, and having considered what your problem areas are, the next thing you need to focus on is identifying which areas or problems you should prioritise.

The following map will ask you to think through exactly what is wrong and what you would like to do about it, helping you to unpack the problem.

What are your priorities?

Problem Area

Summarise the Problem

**Goals for Tackling this
problem**

You should now focus on setting goals to address your priority problems. the map on the next page will help you to break down your goals into manageable chunks.

Setting a goal

Specific actions

When

My Goal

**Helpful people & useful
thoughts**

**Strengths you have
or need**

**Possible problems &
Solutions**



Setting a goal

Specific actions

When

My Goal

**Helpful people & useful
thoughts**

**Strengths you have
or need**

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**You should now be clear about
what you are trying to do and
when you are going to do it by**

Remember: A goal without a plan is just a wish