

this free template is to help you outline your plan on how you will manage addiction recovery and prevent relapse from occurring

Identify Your **GOALS**

how would you like to self-improve? i.e. improve my diet, budget better, fix a broken relationship

What **MOTIVATES** *you?*

what outcomes of improvement motivate you? i.e. saving more money, losing weight, having free time

CHALLENGES *you may face...*

Triggers that may challenge you. i.e. seeing old friends, being at a bar or party, seeing alcohol

my **COPING** *skills*

skills and strategies to cope. i.e. going to the gym, calling my mentor/sponsor, attending meetings, meditating

RELAPSE PREVENTION *strategies*

behaviors you will observe to prevention relapse from occurring. i.e. Making new friends, volunteering, staying healthy

I will practice **SELF-CARE** *with*

how will you improve your daily lifestyle by taking care of your body and mind? i.e. meditate, exercise, eat better

people in my **SUPPORT SYSTEM**

name the people who are closest to you, who support you, who want you to succeed. i.e. siblings, parents, mentors

I will remain **ACCOUNTABLE** *by*

name your consequences ahead of time, if you slip up or don't hit a goal, you must keep yourself accountable

I am **GRATEFUL** *for*

name your consequences ahead of time, if you slip up or don't hit a goal, you must keep yourself accountable