



Individual Goals & Aspirations: Recovery Plan



Individuals Name:

Recovery Coach/Caseworker:

Date of Birth:

Date Recovery Plan Started:

LIFE DOMAIN	INDIVIDUAL GOALS AND ASPIRATIONS: What do I want?	RESOURCES, STRENGTHS, AND SKILLS: What do I have access to? or What have I used in the past	BARRIERS AND PROBLEMS: What barriers or issues do I need to remove or overcome to achieve my goals?
Criminal Activity/Offending			
			DATE ACHIEVED
Substance Misuse/Medication			
			DATE ACHIEVED
Psychological Wellbeing			
			DATE ACHIEVED



LIFE DOMAIN	INDIVIDUAL GOALS AND ASPIRATIONS: What do I want?	RESOURCES, STRENGTHS, AND SKILLS: What do I have access to? or What have I used in the past	BARRIERS AND PROBLEMS: What barriers or issues do I need to remove or overcome to achieve my goals?
Physical Health			
			DATE outcome
Social Functioning (Including Leisure & Recreation)			
			DATE outcome
Living Situation			
			DATE outcome
Employment/ Training			
			DATE outcome
Signed (SU)	Signed (TPS)		DATE :