

Individual Goals & Aspirations: Recovery Plan

(Individual's Name)

(Date)

(Recovery Coach/Worker)

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?
(1) Recovery from substance use or abuse			
(2) Living and financial independence			
(3) Employment and Education			
(4) Relationships and social support			
(5) Medical health			
(6) Leisure and recreation			
(7) Independence from legal problems and institutions			
(8) Mental wellness and spirituality			

Specific Steps of the Recovery Plan

Name: _____

Date: _____

Step to be achieved or barrier to be removed	Action Plan (how will the step be achieved and who will help)	Objective and measurable outcome
(1) In the area of recovery from alcohol or other drugs I would like:		
(2) In the area of living and financial independence I would like:		
(3) In the area of employment and education I would like:		
Step to be achieved or barrier to be removed	Action Plan (how will the step be achieved and who will help)	Objective and measurable outcome
(4) In the area of relationships and social support I would like:		
(5) In the area of medical health I would like:		
(6) In the area of leisure and recreation I would like:		
Step to be achieved or barrier to be removed	Action Plan (how will the step be achieved and who will help)	Objective and measurable outcome
(7) In the area of independence from legal problems and institutions I would like		
(8) In the area of mental wellness and spirituality I would like		

<http://www.bhrm.org/guidelines/addguidelines.htm>

Recovery Coach and Recovery Planning Manual (Microsoft Word .DOC 546K) □ David Loveland, Ph.D., and Michael Boyle, MA., Fayette Companies. □ July 2005