

RECOVERY GOAL PLANNING WORKSHEET



RESPECT • REFLECT • REBUILD • RECOVER

Setting meaningful goals can help turn your values and recovery priorities into action. This worksheet will help you identify a goal that matters to you, understand why it is important, consider what may support or challenge you, and identify practical steps you can take toward it.

1. MY RECOVERY GOAL

What is something I would like to change, improve, achieve, or work toward in my recovery?

2. WHY DOES THIS GOAL MATTER TO ME?

Why is this goal important to me? What would achieving it change or make possible in my life?

Which of my values does this goal reflect?

3. WHAT WOULD PROGRESS LOOK LIKE?

How will I know I am making progress toward this goal? What might I see, feel, or be doing differently?

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4. BREAKING MY GOAL INTO SUB-GOALS

What smaller steps could help me move toward this goal?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

5. WHAT COULD GET IN THE WAY?

What challenges, barriers, or situations could make this goal more difficult?

What could help me work through or around these challenges?

6. MY SUPPORTS

Who or what could support me as I work toward this goal?

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PRIMARY GOAL # 1:			
SUB- GOAL	ACTIONS/STEPS	SUPPORTS/RESOURCES	TARGET/TIMELINE
1.			
2.			
3.			

PRIMARY GOAL # 2:			
SUB- GOAL	ACTIONS/STEPS	SUPPORTS/RESOURCES	TARGET/TIMELINE
1.			
2.			
3.			

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PRIMARY GOAL # 3:			
SUB- GOAL	ACTIONS/STEPS	SUPPORTS/RESOURCES	TARGET/TIMELINE
1.			
2.			
3.			

PRIMARY GOAL # 4:			
SUB- GOAL	ACTIONS/STEPS	SUPPORTS/RESOURCES	TARGET/TIMELINE
1.			
2.			
3.			