

Goal Setting for Recovery Worksheet

Date: _____

Part 1: Identifying Your Recovery Goals

1. Long-Term Recovery Goals

Long-term goals are the big-picture objectives that guide your recovery journey over months or years. These are goals that might take a lot of time and effort, but they help give your recovery direction and purpose.

- **What is your primary long-term goal for recovery?**
(e.g., maintain sobriety, rebuild relationships, gain stable employment)
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- **Why is this goal important to you?**
(Think about the deeper reasons that motivate you to achieve this goal.)
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- **What does success look like for this long-term goal?**
(Be specific: How will you know when you've reached this goal?)
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2. Short-Term Recovery Goals

Short-term goals help you break down your long-term goal into smaller, more manageable steps. These are goals you can achieve within a shorter time frame, such as weeks or a few months.

- **What are three short-term goals that will help you reach your long-term recovery goal?**
(Think about actions or habits you can work on immediately that will support your larger goal.)
 - 1.
 - 2.
 - 3.
- **For each short-term goal, identify a specific time frame in which you plan to accomplish it.**
(e.g., "I will complete this goal by [date].")

- 1.
- 2.
- 3.

Part 2: Tracking Progress

1. How will you track your progress toward your goals?

- **For your long-term goal:**
(e.g., journal entries, check-ins with a support person, celebrating milestones)
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- **For each short-term goal, how will you measure success?**
(e.g., number of days sober, attending support group meetings, completing a therapy session)
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2. Weekly Check-In:

Take a few minutes each week to reflect on your progress. Answer the following questions honestly.

- **What progress did you make toward your goals this week?**
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- **What obstacles or challenges did you face?**
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- **What actions can you take to overcome these obstacles next week?**
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Part 3: Identifying Obstacles & Adjusting Goals

1. What potential obstacles could prevent you from achieving your goals?

Think about what might get in the way of your progress. This can be external (e.g., social situations, stress) or internal (e.g., self-doubt, cravings).

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2. How can you overcome these obstacles?

Identify strategies or resources that can help you navigate these challenges.

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3. Adjusting Your Goals:

Sometimes life presents unexpected challenges, and your goals might need to shift. It's okay to adjust your goals to make them more realistic or achievable as your circumstances change.

- **If you encounter difficulty achieving a goal, how might you adjust it to make it more attainable?**
(e.g., break the goal down into smaller steps, extend the deadline, focus on one aspect at a time)
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- **Are there any goals that no longer align with your recovery vision?**
(If so, what new goal would be more relevant or helpful right now?)
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Part 4: Building a Support System

1. Who can support you in achieving your recovery goals?

Think about people who can help you stay accountable, offer encouragement, or provide advice. Support may come from a therapist, sponsor, family, or friends.

- **Support Person/Resource:** _____
 - **How they can help:** _____
 - **Contact Information:** _____

Part 5: Final Thoughts & Motivation

1. Why are you committed to reaching these goals?

Reflect on the personal reasons that motivate you to keep going, even when the journey feels tough.

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2. Affirmation for the Week:

Write one affirmation to remind yourself of your strength and commitment to your recovery goals.

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