

MY SOBER FUTURE

Getting to Know Yourself in Recovery

NAME:

Who Am I Today?

- Three words that describe me right now:
- What emotions do I feel most often?

Strengths and Growth

- People often say I'm good at:
- One strength I'd like to use more in recovery is:

The Old Me vs. The New Me

- Before recovery, I often felt:
- In recovery, I want to feel more:
- One habit/behavior I'm leaving behind:
- One habit/behavior I want to grow:

Circle what matters most to you:

- Family
- Honesty
- Health
- Growth
- Creativity
- Peace
- Independence
- Faith/spirituality
- Love
- Service/helping others

Future Self

- In 6 months, I want to...
- In 1 year, I see myself...
- One small step I can take today toward that vision is: