

WEEKLY GOALS FOR RECOVERY

Name: _____

1. This week I will work on connecting to others by:

2. My strongest symptom is:

One step that I will take this week to manage this symptom, in addition to taking medication, is _____

3. My life has meaning when:

One thing that I will do this week to increase meaning in my life is:

4. One area of my life/self that I would like to work on is:

Because:

One thing that I will do this week to improve this area is:

5. Two supports that I can rely on to help me meet my goals are:
