

Individual Recovery Plan

Individual's Name: _____

Date: _____

Life Domains: Select from the following the areas of focus for strengthening your personal recovery plan: Recovery from substance use; living arrangements; financial stability; employment; education; relationships and social supports; physical health; leisure and recreation; legal; emotional wellness; and spirituality.

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 successfully in the past?	Barriers and Problems What barriers or issues do I need to remove or overcome to achieve my goals?
	Action Steps Needed to Reach this Goal	Who Else Might be Involved?	When do I Want to Have This Goal Accomplished?
	1)		
	2)		
	3)		
	4)		
	5)		
	6)		