

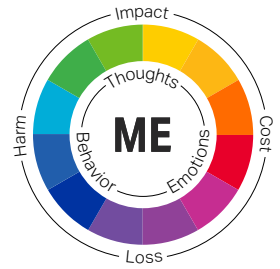


# ACTIVITY WORKSHEET



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## Activity 4: Build My Case for Change (Part 2)

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### Benefits of Recovery Summary — my vision for today and the future

Describe what you would like your life to look like today and in the future in the table below.

List one action you can take today to move in the direction of your vision.

<b>Community</b>	<b>Learning/School</b>
My Vision	My Vision
My Action	My Action
<b>Family</b>	<b>Leisure/Fun</b>
My Vision	My Vision
My Action	My Action
<b>Financial Stability</b>	<b>Social Relationships</b>
My Vision	My Vision
My Action	My Action
<b>Health – Mental &amp; Emotional</b>	<b>Society/Legal</b>
My Vision	My Vision
My Action	My Action
<b>Health – Physical</b>	<b>Spirituality</b>
My Vision	My Vision
My Action	My Action
<b>Home/Shelter</b>	<b>Work/Career</b>
My Vision	My Vision
My Action	My Action