



CONSULTING

Recovery Plan Worksheet

*Set backs are part of your set up...like a sling shot, the farther
you've been set back the farther you are going to go.*
-Michael Jr, Comedian

Current Status: Where are you now? What worked? What didn't work?

What are your top 3 goals NOW given your set back?

1.

2.

3.

Take each of your goals through the following process:

I am...Result - What is the result you want now? Put it in the form of an "I am" statement. Remember do not use your initial goals as a starting place. This is your chance to start fresh.

My Recovery A Personal Plan For Healing

Peipei Pang



My Recovery A Personal Plan For Healing:

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