



## My Recovery Capital Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Recovery Capital** refers to the internal and external resources that can help me maintain my recovery. If I am working on building my recovery capital, I am working on creating a more fulfilling, prosperous life for myself. I am creating these goals to help me build both my recovery capital and a better life.

<b>Recovery Capital Goal #1</b>
<b>a) What steps can I take to reach this goal?</b>
<b>b) What people or resources might be helpful to me in taking these steps?</b>
<b>c) What step(s) will I take this week?</b>

<b>Recovery Capital Goal #2</b>

**a) What steps can I take to reach this goal?**

**b) What people or resources might be helpful to me in taking these steps?**

**c) What step(s) can I take this week?**

**Recovery Capital Goal #3**

**a) What steps can I take to reach this goal?**

**b) What people or resources might be helpful to me in taking these steps?**

**c) What step(s) will I take this week?**