My Reasons for Recovery

What I am moving towards

Start with what matters to you. Small reasons are worth writing down.

Name / initials (optional): _____ Date: _____

The life I want to build

What recovery could give me personally

People, hopes or values I want to stay connected to

When things feel hard, I want to remember...

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Built by Mandy | Redlands & SMBI | General peer-support resource.

Not medical, psychological, legal or financial advice, treatment or emergency care.