My Weekly Recovery Check-In

This week at a glance

Week beginning: _____ Notice without judging yourself.

Name / initials (optional): _____ Date: _____

Something I am proud of this week

A challenge I faced

Feelings or patterns I noticed

A choice that supported my wellbeing

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.

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Looking ahead

Choose a small, realistic focus for the coming week.

Name / initials (optional): _____ Date: _____

One thing I want to continue

One situation I want to prepare for

Who I will connect with and when

My next small step

An encouraging message to myself

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My wellbeing snapshot

Notice the whole picture, rather than judging one difficult moment.

Name / initials (optional): _____ Date: _____

My sleep and energy

Meals, movement and daily routines

Connection with supportive people

Stress and what influenced it

Something that brought calm, meaning or enjoyment

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My support plan for next week

Choose supports that are realistic and available to you.

Name / initials (optional): _____ Date: _____

An appointment, group or check-in I want to keep

A boundary I want to practise

A coping tool I will keep nearby

What I will do if the week becomes difficult

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