



Life skills worksheet for adults in recovery

- **Set a deadline for completing a task:**
Setting time limits for projects allows you to be more focused and efficient. Making the tiny extra effort to determine how much time you need to devote to each task might also assist you in identifying potential issues before they occur.
- **Between tasks, take a break:**
It's more difficult to stay focused and motivated when you're doing a lot of activities without taking a break. Allow yourself some downtime in between jobs to clear your mind and recharge your batteries.
- **Make a plan for yourself:**
Make use of your calendar to better manage your time in the long run. Make a list of project deadlines, as well as tasks that are required to complete the entire project.
- **Take a bath before sleeping:**
Develop a habit of taking a warm bath before bedtime. It will help you get relaxed and free from all the worries.
- **Eat right:**
As they say, you are what you eat, so eating right is very important to maintain a sleep routine. If you drink alcohol, coffee, or anything that has large amounts of caffeine in it, it will make you sleepless. Take your vitamins and supplements. If you are prescribed some medicines, then

do take them on time. Know your triggers and try to walk away from them.

- **Practice Self-Care:**

The most important rule to stay on the recovery track is to practice self-care, define your hobbies and do what you love. Find yourself a job or any activity that you love. Focus on your diet and exercise.

References

[Moshki, M., Hassanzade, T., & Taymoori, P. \(2014\). Effect of Life Skills Training on Drug Abuse Preventive Behaviors among University Students. *International journal of preventive medicine*, 5\(5\), 577–583.](#)

[Botvin, G. J., & Griffin, K. W. \(2015\). Life Skills Training: A competence enhancement approach to tobacco, alcohol, and drug abuse prevention. In L. M. Scheier \(Ed.\), *Handbook of adolescent drug use prevention: Research, intervention strategies, and practice* \(pp. 177–196\). American Psychological Association. <https://doi.org/10.1037/14550-011>](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.