My Long-Term Recovery and Wellness Plan worksheet

Step 1
What did you suffer from? Know your illness from which you want to recover.

Step 2
From how long have you been suffering from that illness.

Step 3
How has this illness affected you? Think about the ways, physical and psychological.

Step 4
Think about what protective factors you have that will help you in recovery.

Step 5
Who will help you during the recovery process? Identify those supports, like your family friends.

Step 6
Keep a diary and write down your progress everyday.

Step 7
Never give up.