

# Personal Recovery Plan

For \_\_\_\_\_

**My goal** (This is something meaningful and important that I achieve as part of my recovery):

**Why this is important to me:**

What will we do today?( Measurable Short-Term Action Steps Toward Achievement)	Who is Responsible?	Date to be Accomplished	Date Accomplished	Comments:
--	---------------------	-------------------------	-------------------	-----------

What will we do today?( Measurable Short-Term Action Steps Toward Achievement)	Who is Responsible?	Date to be Accomplished	Date Accomplished	Comments:

The goal listed above is something important for me to achieve as part of my recovery.

I acknowledge that the goal listed above is important to this person. Each time we meet, I will be willing to help this person make progress towards this goal.

\_\_\_\_\_  
My Signature Date

\_\_\_\_\_  
Service Provider's Signature Date

# IMR Goal-Tracking Sheet

Use this sheet to record progress toward goals, including steps taken, new steps, new short-term goals, and new recovery goals.

Name: Devin

Date that personal recovery goal was set: 10/4/17

Personal recovery goal: I want to re-connect with my family and kids so I can be a better father and have something to go home to when I get out of prison.

Personal recovery goal achieved (date): \_\_\_\_\_ Modified (date): \_\_\_\_\_

<p>Short-term goal related to personal recovery goal:</p> <p>Learn ways to get along with my cell-mate so I can stay out of trouble.</p>	<p>Short-term goal related to personal recovery goal:</p> <p>Figure out how to control my anger better and deal with life in here.</p>	<p>Short-term goal related to personal recovery goal:</p> <p>Make amends with my son and daughter.</p>
<p>Steps:</p> <p>1. Keep my bed area clean ✓</p> <p>2. Apply for kitchen job ✓</p> <p>3. Practice social situations in IMR</p> <p>4.</p>	<p>Steps:</p> <p>1. Do my IMR HW – identify my triggers this week ✓</p> <p>2. Make a list of things I can do if I get triggered</p> <p>3.</p> <p>4.</p>	<p>Steps:</p> <p>1. Write a letter to my kids this week ✓</p> <p>2. Write down things I want to ask about during our phone call so I don't forget ✓</p> <p>3. Send a Christmas card to my Moms</p> <p>4.</p>
<p>Start date: <u>10/4/17</u></p>	<p>Start date: <u>11/5/17</u></p>	<p>Start date: <u>12/9/17</u></p>
<p>Date reviewed: <u>10/11/17</u></p> <p>Achieved?</p> <p><input type="checkbox"/> Fully</p> <p><input checked="" type="checkbox"/> Partially</p> <p><input type="checkbox"/> Not at all</p>	<p>Date reviewed: <u>11/12/17</u></p> <p>Achieved?</p> <p><input type="checkbox"/> Fully</p> <p><input checked="" type="checkbox"/> Partially</p> <p><input type="checkbox"/> Not at all</p>	<p>Date reviewed: <u>12/17/17</u></p> <p>Achieved?</p> <p><input type="checkbox"/> Fully</p> <p><input checked="" type="checkbox"/> Partially</p> <p><input type="checkbox"/> Not at all</p>
<p>Modified/next steps:</p> <p>KEEP APPLYING FOR KITCHEN JOBS UNTIL I GET ONE.</p>	<p>Modified/next steps:</p>	<p>Modified/next steps:</p> <p>WORKING ON DRAWING A CARD FOR MY MOM.</p>

# IMR Goal-Tracking Sheet

Use this sheet to record progress toward goals, including steps taken, new steps, new short-term goals, and new recovery goals.

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

Date that personal recovery goal was set: \_\_\_\_\_

Personal recovery goal: \_\_\_\_\_

Personal recovery goal achieved (date): \_\_\_\_\_ Modified (date): \_\_\_\_\_

Short-term goal related to personal recovery goal:	Short-term goal related to personal recovery goal:	Short-term goal related to personal recovery goal:
<b>Steps:</b> 1.  2.  3.  4.	<b>Steps:</b> 1.  2.  3.  4.	<b>Steps:</b> 1.  2.  3.  4.
Start date: _____	Start date: _____	Start date: _____
Date reviewed: _____ Achieved? <input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not at all	Date reviewed: _____ Achieved? <input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not at all	Date reviewed: _____ Achieved? <input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not at all
Modified/next steps:	Modified/next steps:	Modified/next steps: