

Recovery Long-Term Goals and Rewards

Use the chart below to record your long-term goals and rewards (pages 55-57). Long-term, outcome-focused goals are what you ultimately want to achieve. The time frame for a long-term goal can vary from three months to six months, or even to a year or several years. When setting your goals, you want to make them “SMART”—Specific, Measurable, Action-based, Realistic and Time-lined. Rewards are an essential but often overlooked part of the goal-setting process. The reward doesn’t have to be big or cost money, though I do recommend treating yourself with something substantial when you meet a long-term goal.

My Long-Term Goals and Rewards	
Date: _____	
Goal	Reward
1.	
2.	
3.	
4.	
5.	