

Recovery Short-Term Goals and Rewards

Use the chart below to record your short-term goals and rewards (pages 55-57). Short-term, behavior-focused goals are the specific actions you will take to meet your long-term goals. Short-term goals add up and will culminate in achieving your desired outcome. The time frame for a short-term goal can vary from one to four weeks. 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, but it must be included.

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