

Recovery Plan Checklist

Recovery Plan Goals	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Recovery Launch Plan							
Treatment Aftercare Plan							
Relapse Warning Signs							
Three-Second Celebration							
Recovery Reconnection Agreement							
Letter to My Future Self							
Statement to My Family							
Choose Recovery Ambassadors							
How to Approach Me							
Invite Feedback on My Recovery Plan							
Provide Copies to Others							