

Daily Recovery Plan Sheet

Day/Date

Positive Affirmation:

Service Goal(s):

Daily Personal Goal(s):

Gratitude List:

Fill in the information at the top of the form.

Review any uncompleted carry-over To-Do items from the previous day's To-Do list.

Using those items and the information filled in above, list, in priority order, today's To-Do items.

As you go through the day, or at the end of the day, record your progress, using the key below:

To-Do Item In Progress Complete

TO-DO LIST

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Reflection on the Day: