

# Long-Term Stewardship Plan

*A Mindfulness-Based Ecotherapy SUD Worksheet*

Stage: Maintenance → Growth

Purpose: This plan supports the shift from: “I’m trying not to relapse” to “I am building a life I want to protect.”

Recovery at this stage is no longer crisis management. It is identity development, meaning-making, and stewardship of self, community, and environment.

## Part I: Identity Shift – Who Am I Becoming?

### 1. Looking Back to See Forward -Reflective Questions

What strengths helped you reach this stage of recovery?

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What values have become clearer since beginning recovery?

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When you picture yourself five years from now, what kind of person do you see?

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## Mindful Pause Exercise

Sit outdoors if possible.

Notice:

1. One sound
2. One movement
3. One sensation in your body

Ask yourself quietly:

“What kind of life deserves my protection?”

Write what arises:

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## Part II: Ongoing Goals

Maintenance is not stagnation. Growth requires direction. This section will help you to maintain your goals and keep heading in the right direction. Remember the two questions of intention;

1. What is my intention (what am I trying to accomplish)?
2. Are my thoughts, feelings, beliefs, and behaviors/actions helping me to accomplish my intention?

### 1. Health & Wellbeing Goal

When writing your goals in this section, they should be:

- **Specific:** Example, don't write "I want to exercise more;" instead, write something specific like: "I will walk briskly for 30 minutes around my neighborhood every Monday, Wednesday, and Friday at 7 a.m."
- **Measurable:** There should be some way to measure or quantify your goals.
- **Achievable:** Don't set impossible goals or you may get frustrated. List smaller, achievable goals. Small change over time leads to bigger change later.
- **Relevant to your mission:** Remember the questions of intention. What are you trying to accomplish with your goals?
- **Time-bound:** Set specific deadlines that are measurable. When you reach a deadline, set another deadline and another goal.

Why does this goal matter to you?

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Confidence level: How confident are you that you can achieve your health goals? (0–10): \_\_\_\_\_

What would you need to do to raise your confidence level by one point?

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## 2. Relationships / Community Goal

Again, make sure your goal is:

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Relationships/Community Goal:

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What kind of person are you becoming through this goal?

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## 3. Purpose / Contribution Goal

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How does this strengthen your identity beyond “person in recovery”?

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## Part III: Contribution & Stewardship

Recovery deepens when we move from self-preservation to stewardship.

### Reflective Questions

Who benefits when you are well?

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What community do you feel connected to?

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What natural place feels grounding or meaningful to you?

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In what small way could you give back consistently?

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## Choose One Stewardship Commitment

- Volunteer monthly
- Mentor someone earlier in recovery
- Join a community group
- Environmental clean-up participation
- Ongoing stewardship of a natural space
- Other: \_\_\_\_\_

Describe your commitment:

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Frequency (how often can you attend the above goal/commitment?):

\_\_\_\_\_ time(s) per \_\_\_\_\_ day/week/month

Start date: \_\_\_\_\_

## Part IV: Outdoor Symbolic Practice

Exercise: Planting or Committing

Choose one:

### Option A: Plant Something Symbolic

Plant a tree, shrub, perennial, or even a small container plant.

Reflect while planting:

What does this represent in your recovery?

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What conditions does it need to thrive?

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What conditions do you need to thrive?

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Write your reflection on the exercise above after completing it:

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## Option B: Stewardship Practice Commitment

Examples:

- Adopt-a-park participation
- Weekly trail walk with litter collection
- Tending a garden
- Seasonal ecological ritual
- River, forest, or shoreline care

Describe your practice:

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What does tending this place mirror in your internal life?

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## Part V: Protecting What You're Building

Relapse prevention at this stage becomes value protection.

Warning Signs That Threaten Your Growth:

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Early Interventions You Will Use:

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People You Can Reach Out To:

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