

# Recovery Motivation Worksheet

## Purpose:

This worksheet helps you strengthen your motivation for recovery by connecting awareness of your present experience, the impact of substance use, and the rewards of living in harmony with yourself and the natural world.

## Step 1: Grounding in the Present

**Instructions:** Take 3–5 minutes to focus on your breath or the environment around you. Notice:

- Sounds, smells, and sights of your surroundings
- Physical sensations in your body
- Thoughts and emotions as passing experiences

Write down what you notice:

### Sensory Observations:

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### Body Sensations:

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### Thoughts/Feelings:

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## Step 2: Observe the Impact of Substance Use

List the negative consequences of substance use you have noticed in your life. Be honest, but observe without judgment:

Physical:

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Emotional:

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Social/Relational:

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Financial/Practical:

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Reflect mindfully: Which of these consequences do you feel most strongly right now?

### Step 3: Recognize the Benefits of Recovery

Even if you haven't been fully substance-free for long, notice the positive affects you *can* observe or anticipate by living in recovery:

Physical well-being:

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Emotional clarity:

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Relationships and connection:

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Daily functioning / sense of freedom:

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Time in nature / connection with the environment:

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Mindful reflection: Which of these benefits feels most motivating to you today?

## Step 4: Connect to Personal Values

List 3–5 values or life goals that matter most to you. Examples: health, family, creativity, connection to nature, personal growth.

Value/Goal 1:

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Value/Goal 2:

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Value/Goal 3:

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Reflect: How does living free from substance use support these values?

## Step 5: Set an Intention

Create a clear, positive intention for your recovery that links motivation with mindfulness and your values.

Example: *“I will notice urges without judgment and choose actions that align with my health and connection to the world around me.”*

My recovery intention:

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## Step 6: Plan Mindful Actions

Identify small, achievable actions you can take today or this week to support recovery and reinforce motivation.

Tip: Include nature-based or mindful activities, like walking outdoors, observing a natural scene, or grounding in your senses.

Action 1:

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Action 2:

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Action 3:

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