

Individual Goals and Aspirations: Recovery Plan Template

Service User's Name:		Recovery Caseworker:		Agency:	
Date of Birth:		Date:		Address:	
Life Domain	Individual Goals and Aspirations: What do I want	Objectives Specific changes expected in measureable and behavioural terms	Resources, Strengths and Skills: What do I have access to? Or what have I used in the past	Barriers and Problems: What barriers or issues do I need to remove or overcome to achieve my goals?	Date Achieved
Engagement in meaningful activities (employment, education leisure, volunteering)					
Physical Health					
Psychological/emotional/mental health					
Improvement in drug and alcohol use					
Social Networks(attendance at mutual aid groups, friendships, community etc)					
Overall Quality of life (living situation etc)					

Fife Recovery Services: Recovery Plan

Level of motivation and taking responsibility for achieving own goals					
Confidence in managing money(budgeting, paying bills, obtaining benefits etc)					
Parental Capacity (if appropriate)					
Self-care and daily living skills (household chores etc)					
Interventions					
Person Responsible and Intervention			Intensity	Frequency	Duration

