

# PERSONAL GROWTH CHECKLIST

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Clinical Assistance Center  
**Rebuilding** Futures. **Reshaping** Lives.

<http://www.rhclinical.com>

Foreword by  
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# TAKING GOOD CARE OF YOURSELF

As you work on your growth, you might want to write down some of your main goals. These goals can be short-term and easily achievable, or you can start identifying bigger, more long-term goals that you want to work your way towards. It's helpful to think of small steps to take toward them over a certain amount of time, like a week or a month. Remember to congratulate yourself for any successes. Achieving goals - even small ones - is a sign of hope and accomplishment.

Developing goals for recovery can be tricky, especially if you aren't sure what it is that you want to accomplish. Consider your interests, things that bring you joy and things that keep you motivated. Also, think about the things you want, like where you want your life to go or what you would do more of if you could. Having a deep investment in the goals that you set will increase the chances of completing them.

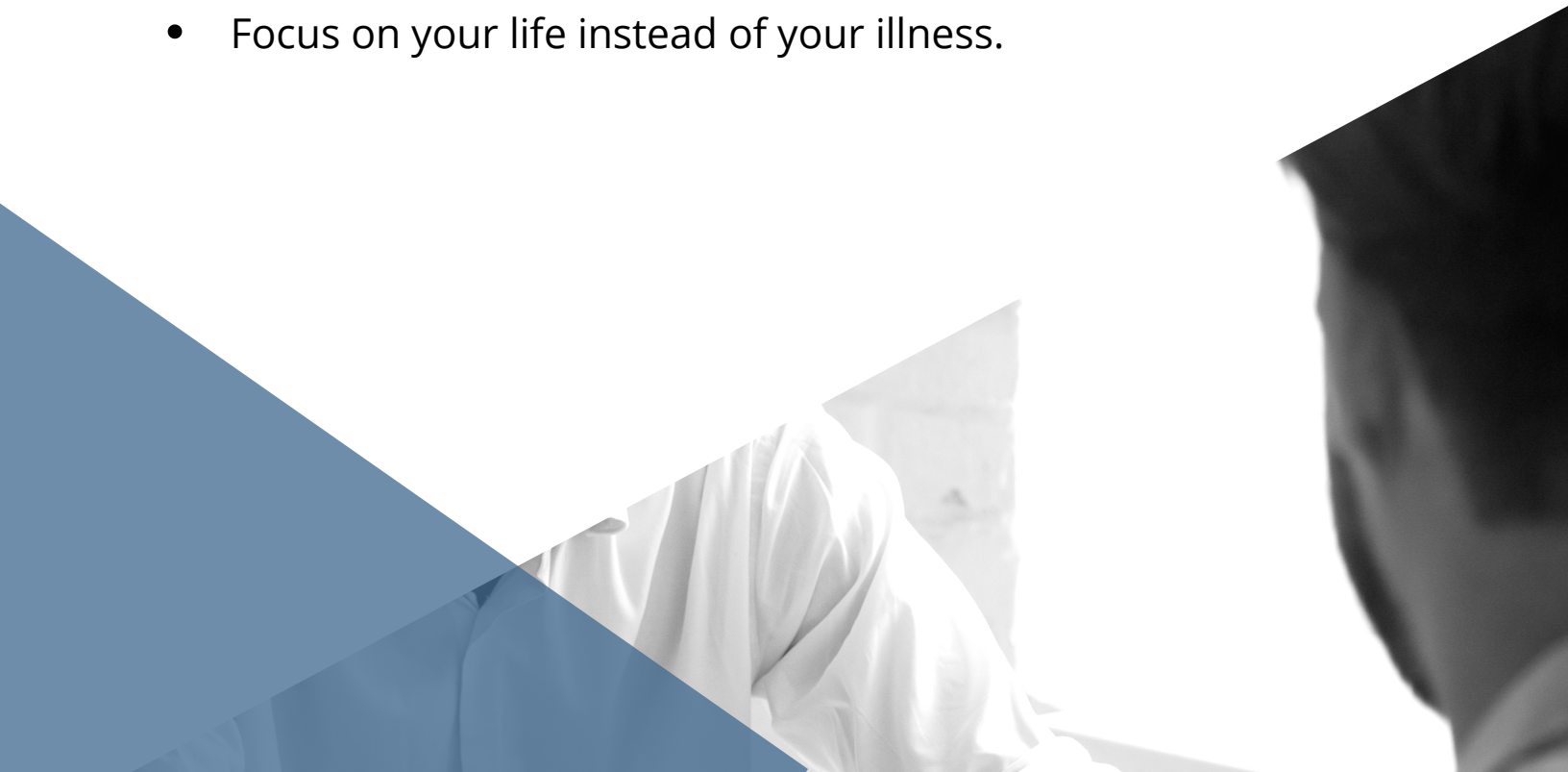
Once you have set goals for yourself, you need to figure out what things are necessary to accomplish those goals. Be clear about why you set this goal and how your life will be different once this goal is achieved. You should also consider the strengths and skills that you possess that will help you achieve your goal. Try to involve necessary support systems and resources that can help you through the process if and when you need it. Finally, remember to stay focused on the goal and not on the difficulties you might be having. Keep an open mind, and know that you may hit barriers along the way. Recovery is no easy task, and focusing on the negative experiences will only make things harder.

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# START A GOAL JOURNAL

Create a journal or scrapbook with pictures and clippings to help maintain your goals. Keeping a journal or scrapbook is a good way to track your goals and remind you of the things you've accomplished and the things you still plan to accomplish. Continue to add new goals as they come up. Recovery is a constant process and continuing to set goals for yourself will keep you motivated to reach and maintain wellness.

## Working Toward Goals

- Focus on your strengths.
  - Focus on solving problems.
  - Focus on the future instead of reviewing hurts from the past.
  - Focus on your life instead of your illness.
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# PRACTICE SELF-CARE

Taking good care of yourself is paramount to the success of your growth process. People in recovery find that their physical, spiritual, and emotional health are all connected, and that supporting one supports the others. Taking care of all aspects of you will increase the likelihood that you stay well. To help support you in your growth, you can access a three-minute screening tool and progress monitor for depression, anxiety, bipolar disorder, and PTSD.

## Some tips for self-care include:

- Live Healthy, eat healthy foods, get enough sleep, exercise regularly, and avoid drugs and alcohol.
- Manage stress and go for regular medical check-ups.
- Practice good hygiene. Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.
- See friends to build your sense of belonging. Consider joining a support group to make new friends.
- Try to do something you enjoy every day.
- That might mean dancing, watching a favorite TV show, working in the garden, painting or reading. Find ways to relax, like meditation, yoga, getting a massage, taking a bath or walking in the woods.





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# CONNECT WITH THE COMMUNITY

A great way to feel emotionally strong and resilient in times of stress is to feel connected to a broad community. Think about the things you like to do. You can expand your social network by looking into a community organization that brings people together who share the same interests. For instance, many communities have local biking, hiking, or walking groups. Is there something you've always wanted to do like learn a new language? Take a class, or join a local group. You also may find the support you need through local support groups for a specific issue like parenting, dealing with a health problem, or caring for a loved one who's ill. Or consider volunteering with a community organization that helps fill a need. Here are some tips to make sure your volunteer experience works for you, and does not become an additional source of stress:



# GET IN TOUCH

Rising Hope Clinical Assistance strives to offer innovative and life-changing treatments through non-intensive and intensive mental health and substance abuse services. We provide adolescent & adult group Sessions, integrated physical and behavioral care, family counseling, and other wellness promoting services. Rising Hope Clinical also embraces the recovery model in it's array of services. It is a partnership between you and the agency as we work together to determine your strengths, needs, abilities, and preferences.



Monday - Friday 9:00 AM - 5:00 PM  
Saturday and Sunday - CLOSED



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## Click Here To Schedule An Appointment

