

Activity 22.1: My Wellness Compass Tune-Up Plan

Use to prevent backsliding and to initiate getting “back on track” after a relapse.

Likely triggers and issues that could affect me:

- ◇ overwhelmed or stressed out
- ◇ not able to overcome temptation
- ◇ unable to commit (unmotivated)
- ◇ excessively frustrated or irritable
- ◇ emotionally unstable; moody
- ◇ excessively overconfident

Strategies I could consider:

- ◇ Remain honest and open-minded.
- ◇ Reassess progress (Checklist) every two weeks.
- ◇ Be realistic; reduce when needed.
- ◇ Stay positive.
- ◇ Stay focused on the benefits of achieving my goals.
- ◇ Make my health and well-being a priority.
- ◇ Have substitutes ready so I don't give in.
- ◇ Have a plan B for each situation.
- ◇ Keep in mind it's a journey and not a race.
- ◇ Ask for help from my significant other or close circle of friends.
- ◇ Find a new circle of friends.
- ◇ Make more definitive cuts with my past.
- ◇ Set and apply boundaries.
- ◇ Pray.
- ◇ Get professional help.
- ◇
- ◇

MY PERSONAL TUNE-UP PLAN

Key reasons why I want to accomplish this goal

My strengths

Three things that I will do differently

How confident am I that these strategies will work?

Somewhat Pretty Sure Very Confident

How committed am I to doing this new plan well?

Somewhat I Can Do It 100% Committed

What date will I start my new plan?

How will I monitor my progress?