

Action Plan

My goal is

Teddy PAN has a drinking habit.

| | |
|--------------------------------|----------------------------|
| Date to finish | 2 Months |
| How will I measure my success? | Daily checkin with SPONCER |

Steps to Achieving my Goal

| Description | Time Estimate | Completion date |
|------------------------|----------------|-----------------|
| Will attend AA classes | ONE WEEK | APRIL 1st |
| Attend A support group | 3 DAYS WEEKLY | JUNE 2023 |
| Recovery group at TWWO | EVERY THURSDAY | JUNE 2023 |
| | | |
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| | | |

| | |
|--------------------------|------------------|
| Obstacles that may arise | LIQUOR STORES |
| | PARTIES |
| | DON'T GO TO ANY |
| | NOT STOP AT THEM |
| How I will respond | |

| | |
|-------------------|--------------------|
| Helpful Tools | PRAYER |
| | FASTING |
| | BIBLE |
| Helpful Resources | CHURCH |
| | MEN'S DISCIPLESHIP |
| | PARTNER SUPPORT |

SMART Goals

| S | M | A | R | T |
|---|--|--|---|---|
| <p>Specific</p> <p>What am I going to do? Why is this important to me?</p> <p>I AM going to stop DRINKING. BECAUSE I WANT TO LIVE LONGER.</p> | <p>Measurable</p> <p>How will I measure my success? How will I know when I have achieved my goal?</p> <p>ONE DAY AT A TIME, DIDN'T DRINK THAT DAY.</p> | <p>Attainable</p> <p>What will I do to achieve this goal? How will I accomplish this goal?</p> <p>TO AVOID ALL LIQUOR STORES, DRIVE WITH MY PARTNER.</p> | <p>Relevant</p> <p>Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?</p> <p>THIS GOAL IS WORTHWHILE, IT WILL PREVENT ME FROM AN ACCIDENT, THIS GOAL WILL HELP SAVE MY MARRIAGE.</p> | <p>Time-Bound</p> <p>When will I accomplish my goal? How long will I give myself?</p> <p>I will accomplish this goal in 2 MONTHS.</p> |

My low was a ONE when I went to

JAIL FOR A D.U.I. MY HIGH WAS A 10

When I said NO when OFFERED A DRINK.