**Plan de Vida**

A medida que vamos avanzando en nuestra recuperación es importante desarrollar la disciplina de cumplir con todas aquellas metas que nos forjemos, rompiendo así con el método equivocado que como adictos hemos desarrollado que muy difícilmente terminábamos todo aquello que empezábamos.

En este plan de vida es importante que plasmes todas aquellas necesidades que requieres en tu vida; ten en cuenta que la planeación debe de este proyecto de vida deberá de partir con solamente aquello que puedas cumplir a través de tus propios recursos.

Solamente el hombre es limitado por sus propios obstáculos.

-Confucio

Nombre de la institución: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fecha: \_\_\_\_\_\_\_\_\_\_\_\_\_

Nombre del paciente: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Compromiso

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Firma

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| C:\Users\Lenovo\Desktop\NEW_LOGO_1 CORREGIDO.jpgSeguimiento de mi programa | | |  |  |  |  |  |
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