

RECOVERY TOOLKIT

Practical Worksheets & Resources

by Shaun Critzer

About This Toolkit

Recovery is a daily practice, not a one-time event. This toolkit contains practical worksheets, templates, and resources to support your journey—whether you're in early recovery, long-term sobriety, or supporting someone you love.

What's Inside:

- Daily Check-In Worksheet
- Trigger Identification & Response Plan
- Gratitude Practice Template
- Relapse Prevention Plan
- Emergency Contact Card
- Meeting Tracker
- Sobriety Milestones Tracker
- Self-Care Checklist
- Amends Preparation Worksheet
- Recovery Goals Planner

DAILY CHECK-IN WORKSHEET

Use this worksheet each morning to set intentions and each evening to reflect on your day. Consistent daily practice builds the foundation of recovery.

Date: _____

Morning Check-In

How am I feeling physically? (1-10): _____

How am I feeling emotionally? (1-10): _____

How am I feeling spiritually? (1-10): _____

What's one thing I'm grateful for today?

What's my intention for today?

Evening Reflection

Did I stay sober today? Yes No

Did I reach out for support when I needed it? Yes No

Did I practice self-care? Yes No

What went well today?

What could I improve tomorrow?
