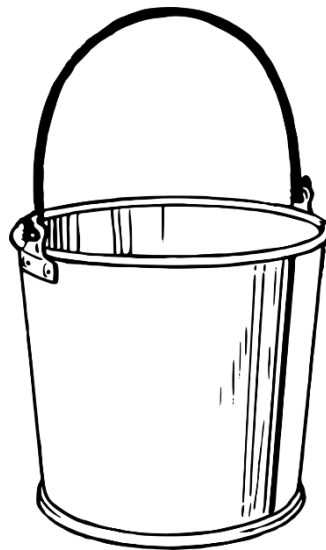


SOBRIETY BUCKET LIST

In active addiction, there's little time for anything outside of planning, obtaining, and using your substance of choice. When you get clean, you finally break free from the destructive cycle... and find yourself with time to spare (maybe money too!) and a renewed sense of freedom.

Use this worksheet to create a recovery bucket list: things that you could *never* do while using, now possible in sobriety. Review and add to your bucket list frequently. Ideally, the list will motivate you to stay clean while serving as a reminder that self-care and leisure are important aspects of recovery.



Here are some questions to get you started:

- Are you interested in furthering your career or education? Learning a new skill (or sharpening an old one)?
- Do you like traveling?
- Are there hobbies you'd like to take up?
- Are you interested in connecting with old friends or distant relatives?
- Are there books you want to read or movies you want to watch? Performing arts?
- Do you play sports? Extreme sports?
- Do you have any self-improvement, health, or financial goals?
- What about long-forgotten dreams that existed prior to your addiction?
- Do you have any specific recovery goals?

My Sobriety Bucket List

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