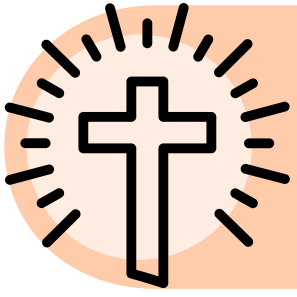


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10 RECOVERY CAPITAL GOALS

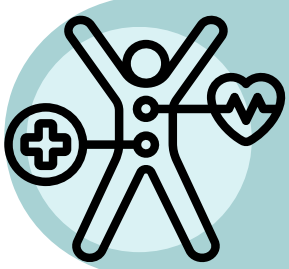
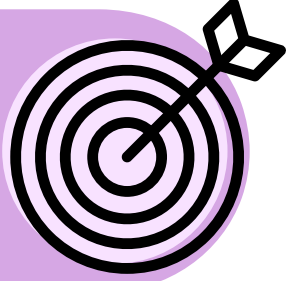


Deepening Faith

I cultivate a deeper relationship with God, seeking to understand and trust His plan, and embracing His guidance and grace in my life.

I recognize I have influence in my community with a deep understanding of my thoughts, feelings, and actions, acknowledging strengths and weaknesses, and making informed decisions.

Identity and Impact

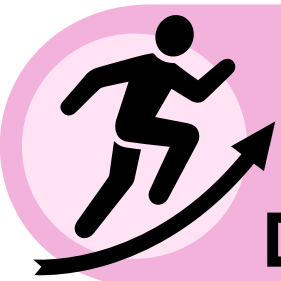


Vibrant Health

I nurture my physical well-being, embracing healthy habits and self-care to energize my body and spirit.

I prioritize my mental well-being, embracing self-care and proactive strategies to cultivate resilience and inner strength.

Thriving Mind

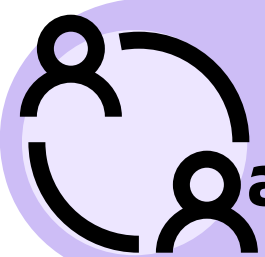
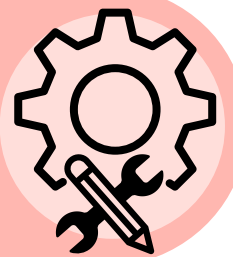


Personal Growth and Development

I embrace a growth mindset, seek feedback, and continuously work on self-improvement, recognizing that recovery is a journey.

I develop essential skills and habits to become a valuable contributor in the workforce, committed to learning, growth, and excellence, and preparing myself for meaningful employment opportunities.

Workforce Readiness

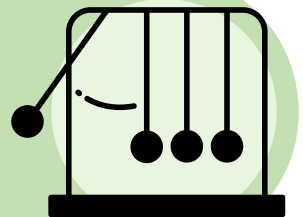


Connection and Belonging

I cultivate strong, supportive relationships, navigating complex dynamics with discernment, prioritizing trust, empathy, and understanding.

I move forward in my recovery, uncovering my values and passions to fuel my purpose, and using my strengths to make a positive impact that leads to a thriving future.

Recovery Momentum



Boundary Care

I establish and communicate clear limits, prioritizing my needs and well-being to foster healthy relationships.

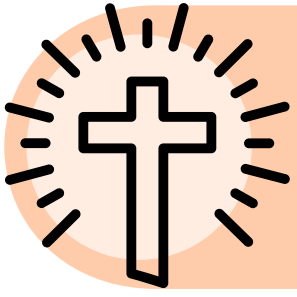
I develop and practice essential life skills to enhance my independence and daily functioning.

Essential Abilities



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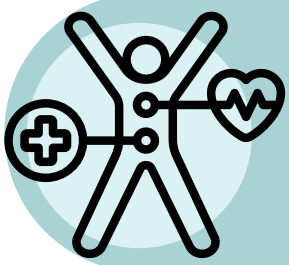
10 RECOVERY CAPITAL GUIDE



Deepening Faith

- Address prison/street mentality
- Learn leadership qualities
- Manage authority issues
- Build internal confidence
- Manage peer pressure
- Serve others

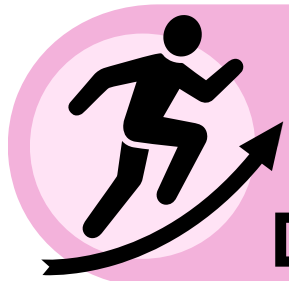
- Become a church member
- Accept salvation
- Pursue Biblical studies
- Get Baptized
- Discipleship
- Understand shame vs guilt



Vibrant Health

- Follow treatment recommendations
- Advocate for self
- Create a safe environment
- Have hobbies

- Take medications as prescribed
- Understand healthy eating
- Proactive in health concerns
- Navigate health insurance
- Exercise



Personal Growth and Development

- Build a resume
- Prepared for the day
- Try new things
- Accept feedback
- Sell my own skill set
- Represent Christ in work ethic

Thriving Mind



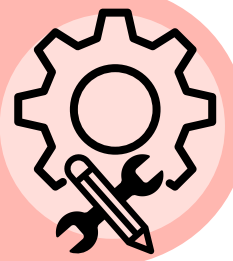
- Able to prioritize
- Manage false expectations
- Organize and schedule
- Plan for the future
- Seek improvement
- Maintain edifying relationships



Connection and Belonging

- Navigate setbacks
- Self love and acceptance
- Identify meaningful hobbies and interests
- Build self confidence
- Embrace change

Workforce Readiness



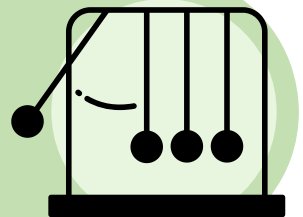
- Have a 3AM person
- Use "I" statements
- Tell my story
- Develop healthy trust
- Learn conflict resolution
- Accept my own past



Boundary Care

- Financial literacy and budgeting
- Basic household maintenance
- Balance independence with asking others for help
- Develop time management skills

Recovery Momentum



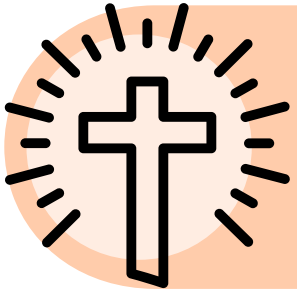
- Balance independence with connection
- Manage peer pressure
- Have hard conversations
- Prioritize personal needs

Essential Abilities



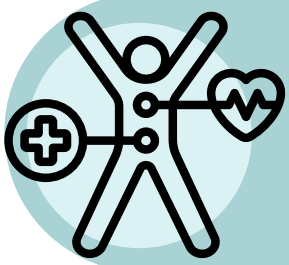
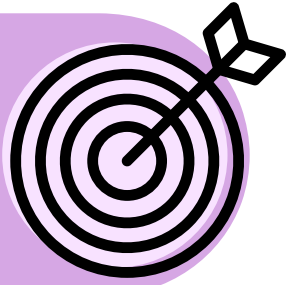
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10 RECOVERY CAPITAL GOALS



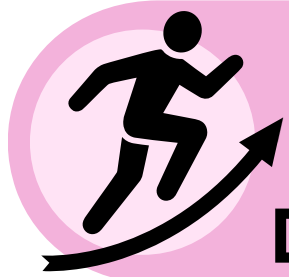
**Deepening
Faith**

**Identity and
Impact**



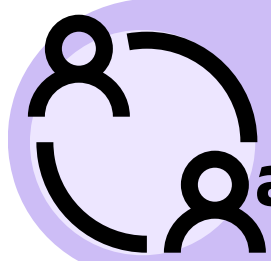
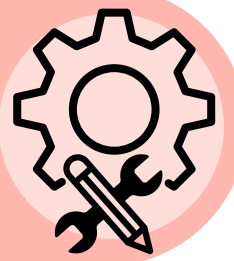
**Vibrant
Health**

Thriving Mind



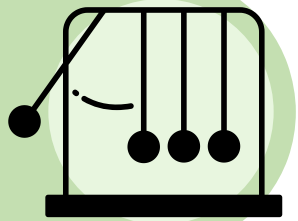
**Personal
Growth and
Development**

**Workforce
Readiness**



**Connection
and Belonging**

**Recovery
Momentum**



**Boundary
Care**

**Essential
Abilities**

