SMART Recovery

SMART Tool

MAINTAINING MOTIVATION WORKSHEET

What were your original reasons for making a change?

- My family were concerned.
- My work was being impacted, and I needed to keep my job.
- I wanted to be healthier.

Why is this important to you?

- My family are everything to me.
- I love my job and have worked hard to get where I am.
- I want to be around to see my kids grow up.

What changes have you noticed so far?

- My relationships have become less strained, and trust has been rebuilt.
- I feel more productive at work now.
- I have been going to the gym lately.

What will the future look like if you stop working towards this change?

- The strain on my family will return, and my wife may leave me.
- I will not be able to provide for my family if I lose my job.
- My father died at a young age due to heart issues, so I may also be at risk.

How have these changes affected your life?

- Overall, my life has improved, and I feel that I can start to move forward.

How do you feel about this?

- I feel happier and more connected.
- I feel more productive and focused at work.

What will the future look like if you continue to work towards this positive change?

- I will have a more balanced life and be a good role model for my kids.
- I can continue doing well at work and providing for my family.
- I will continue to have my family's support.

What can you do to keep your motivation high?

- Remind myself of what I have achieved and the consequences of not continuing.
- Keep communicating with my wife.
- Continue attending SMART meetings.