

RECOVERY PATH TABLE

If you're ready NOW to begin on your recovery path, it's time to complete the table of your recovery path and answer this question, then make your list of powerful reasons why you want to change:

WHAT ARE THE FIRST CHANGES YOU NEED TO MAKE?	REASONS WHY YOU WANT TO CHANGE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	