Goal Setting Journal Prompts
The Beginner's Guide:

Love, Love, Love

What do you consider a true friend to be?

Does anyone in your life meet those qualifications?

Describe a true relationship you have had in your life, why it meant so much to you, how you lost it, or if you still have it?

Go on to explain the difference between a friend in addiction and a true friend in recovery.

Describe your ideal mate.

Discuss everything, physical appearance, style, likes, dislikes. Dig deep inside of you when writing this journal entry.

How do you want your partner to treat you?

What type of job do you want them to have? Career?

It is important that they are a recovering addict like you or would you like a person who has never touched a drug.

Explain your worst relationship.

The ups and downs, the arguments, the love, EVERYTHING. (Our worst relationship tends to be with the person we thought we could change and help) The person who helped us destroy our life. I'm not talking about that boy that you went on 2 dates with out of pity and it just sucked. I'm talking about that guy you drooled about for a decade and broke your heart or left you at the altar.

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Life, Life, Life

What is your most productive time of the day and why?

Do you have a routine to start at this time? If not, why?

Is this your favorite time of the day?

What does being productive mean to you?

The biggest motivational factor in your life.

What gets you going? Pumps you up to meet your goals? A person, place, song, a quote, an activity??

Why is this so extremely important to you?

Describe what you love about your life.

The importance of that something. Whether it’s charity work, your family, your children, your work, a hobby.

Explain why you are so damn passionate about it.
Goal Setting Journal Prompts
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**Career, Career, Career**

Explain your future dreams when you were a child or a teenager.

Did your dreams change? Why do you think?

How did you change and grow during that time?

Pivotal moments in your childhood, young life that affected your future decisions.

What were your career goals before addiction?

Explain your education, your life, why you chose that career or field.

Talk about the moment that changed it all. How things were before you used and how your job and work ethics changed once you were in active addiction.

Now sober, do you still have the same career goals as you did before addiction?

Can you still pursue your career of choice?

How has drug addiction changed that for you?

The career you want to have and why you want it.

Is it possible? What do you have to do to get there?

Does it fulfill you?

Is it your dream job? Everything you have hoped for.

Does your family support you with this career choice? Why or why not?

Are you selling yourself short? Setting low goals so that you really have to make no effort in order to reach them?

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