



Imagining Your Potential

Directions: Open your mind. Imagine. Don't hold back. For this exercise forget about obstacles and barriers or anything else in your way. Think about each life area as if you had the resources (time, money, education, etc.) to achieve your full potential. ***Discuss your answers as a group when you are done***

An example is provided for the topic "Family" to help get you started:

<u>LIFE AREA</u>	Where can you see yourself one day with your full potential?
Family	<i>"I could see myself one day reunited with my family all living together in a nice happy home, in a decent neighborhood, cooperating together and making ends meet financially"</i>

Now fill out the following below yourself:

<u>LIFE AREA</u>	Where can you see yourself one day with your full potential?
Family	
Substance Use/Sobriety	
Mental & Emotional	
Career	
Finding Your Life Purpose	
Legal	
Health	
<u>LIFE AREA</u>	Now come up with a few more ideas of your own if you can: