**Assignment:** Recovery Planning Slides

Relate back to the content in this module regarding Recovery Planning.

Choose one area discussed in Recovery Planning to apply to your own life and develop a plan of action for change for yourself.

Areas:

* Physical Health:
* Mental Health;
* Emotional Health;
* Sleep Hygiene;
* Spirituality;
* Family;
* Romantic Relationship;
* Vocation;
* Education;
* Substance Use;
* Leisure;
* Social;
* Social Media
* Living Environment;
* Finances; and
* Romance.

**Slide contents**:

Slide 1: Area chosen to address;

Slide 2: Concerns you view needing to be improved;

Slide 3: Answer 2-3 of the questions asked in the curriculum content regarding the life area you picked (use additional slides, if needed);

Remaining slides should indicate plans for yourself to address the area you want to improve. ﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿

(See the example slide deck in the module)

**Format**:

Power Point Slides

Use final slide to list any references used, if necessary.