

## Life Goals

This is not a validated scale. It is a suggestion.

Recovery touches many aspects of life. Recovery community centers provide support for many of these aspects. Each person chooses their own priorities and goals. Thus, one way to document the impact of an RCC is to track to what degree RCC members experience growth in different aspects of their lives. To this end, we suggest this simple item.

**Instructions:** In the past three months, has your life improved in any of these aspects? Select ALL that apply.

- Employment
- Income
- Housing
- Education
- Social connections
- Family
- Physical health
- Fitness (e.g., exercise, diet)
- Mental health
- Spiritual well-being
- Criminal justice issues
- Community involvement