

## Put Something on the Paper: What Change Can You Make?

The following activity can be completed on its own or while listening to our podcast episode, “Put Something On the Paper: Small Steps Toward Big Changes.” You can listen by going to Buzzsprout.com or Apple Podcasts; search for the *Healing. Caring. Educating.* podcast.

1. Define “recovery” in your own words.
2. What change do you want to make in your life/what change are you working toward?
3. What kind of future do you want to have?
4. What have you learned from trying to reach this goal in the past (if you have previously tried to make this change)?
5. What can you do in the next 24 hours to take a small step toward the long-term change you’d like to see?
6. What in your life is keeping you from that future/what would be a barrier toward making that long-term change?
7. Looking back at Questions 5 and 6, where could you use some help or perspective in order to reach your goals?
8. List 1-2 people you could reach out to (personal contacts and/or professionals) who could provide support as you work to reach your goals?

### **Help is available in your community. You *can* make change.**

If you would like to speak with someone at Pillars Community Health, call us at 708-PILLARS (708-745-5277), or learn more at [www.PillarsCommunityHealth.org](http://www.PillarsCommunityHealth.org).

*Note: This activity is not a substitute for professional screening, diagnosis, or treatment.*

Pillars Community Health provides health and social services including Medical, Dental, Mental Health and Substance Use Disorders, and Domestic and Sexual Violence Services.

The agency is celebrating its 100<sup>th</sup> anniversary in 2021.

Learn more at [www.PillarsCommunityHealth.org](http://www.PillarsCommunityHealth.org), or call 708-745-5277.