



Lewis Family Consulting

Region 10 MHTTC Learning Community

Motivation IN Mental Health Recovery

Sustaining Change and Creating Hope for a Life Well-Lived

Accountability Homework

Think about ONE goal you want to accomplish this year, write it down, then answer the following:

1. What help do I need?
2. How will I stay motivated?
3. How will I handle adversity, when it comes?
4. What steps do I need to take to achieve this?