

8 Steps to Building a Success Plan

Name: _____

Date: _____

Building a Success Plan Steps:

1. Identify **life history** and **lifestyle** factors that influence your risk to abuse substances.
2. Identify **high-risk situations** that seem to contribute to your current lifestyle factors.
3. Identify the **thoughts, feelings, actions and consequences** associated with your high risk situations.
4. Identify **skills to cope** with high-risk situations.
5. Identify current lifestyle factors that are **too risky to continue** and develop **healthy lifestyle factors** to replace them.
6. Identify **support systems** that will help maintain a healthy lifestyle.
7. Identify **warning signs** and develop a plan for **getting back on track**.
8. Make a plan for how you can **transfer the program skills** into everyday life.