**Step 1: Where am I now?**

1. Single with a history of choosing bad partners
2. Unemployed
3. Car registration and license renewal are due
4. The car needs oil /gas
5. Can’t pay rent/bills
6. Taxes weren’t done
7. In debt (student loans and taxes)
8. Having mental breakdowns
9. Using substances daily to take the edge off and numb myself (alcohol and nicotine)
10. Not taking care of myself (shower once a week) & don't exercise
11. On my own physically
12. On my own mentally
13. On my own spiritually
14. Don’t value myself or feel worthy of love
15. Have no friends here
16. Don’t have any hobbies, I just check out and watch TV
17. Feel like a shell of myself
18. Don’t dream anymore
19. Have my kitties/emotional support animals
20. Have my own space and room
21. Have food/shelter

**Step 2: Where do I want to be?**

1. Single with a history of choosing bad partners -

***Comfortable being alone or in a healthy, loving, genuine relationship where I feel valued and appreciated, and with someone who lifts each other positively, and there is a real future***

1. Unemployed -

***Employed in a job that I find fulfillment in and am making at least 50k a year, preferably one that offers benefits***

1. Car registration and license renewal are due -

***All paid for and fully legal***

1. The car needs oil/gas -

***Never worried about paying for these***

1. Can’t pay rent/bills -

***Able to comfortably pay for all bills and rent, and able to save money as well***

1. Taxes weren’t done -

***Do these and pay more than the minimum on my previous taxes that I’m paying off***

1. In debt (student loans and taxes) -

***Able to pay more than the minimum***

1. Having mental breakdowns -

***Feeling in a healthy state of mind and able to deal with obstacles and challenges healthily, and not feeling hopeless and low***

1. Using substances daily to take the edge off and numb myself (alcohol and nicotine) -

***Not dependent on any substances to feel less of my feelings. Be mentally healthy enough to deal with my life, good and bad, completely sober***

1. Not taking care of myself (shower once a week) -

***Improve my self-care routine, shower regularly, develop a skin care routine, keep my space clean and organized, and stay on top of chores***

1. On my own, physically -

***I have healthier relationships in my life***

1. On my own, mentally -

***Trusting in myself more and my strength, knowing that I am strong enough to handle anything that comes my way***

1. On my own, spiritually -

***Develop more of a relationship with my god and my faith in a higher power***

1. Don’t value myself or feel worth love -

***Love myself again. Truly.***

1. I have no friends here, so -

***#1. Make new friends and try to spend more time around positive people***

1. I don’t have any hobbies, but I do check out and watch TV -

***Get back into painting, reading, coloring, finding new hobbies, or taking a class on something I want to learn, such as pottery or cooking***

1. Feel like a shell of myself -

***Fill myself with joy again, do things that make me happy, give myself love and grace to keep improving***

1. Don’t dream anymore -

***Have more concrete goals and work towards them. Be at least moving in the direction of going back to school and moving towards the career I want to build***

1. I have my kitties, which are my emotional support animals -

***I want to get them better food and play with them more.***

1. I have my own space and room -

***So I take better care of it and do my chores more regularly***

1. Have food/shelter -

***Start cooking more and eating healthier***

**Step 3: How do I get there?**

* 1-month inpatient rehab - MVF (Jan 4- Feb 3)
* 11 weeks - intensive outpatient program (3x /week - 3hr sessions) Feb 5- April 17
* Weekly therapy sessions
* Address the need for medical assistance with depression and anxiety (work with a psychiatrist)
* Cutting off previous toxic relationships
* Applied for multiple jobs- accepted a job in mid-March

**Currently:**

* Employed full-time at an excellent job
* 4 months sober (as of May 3)
* New car, fully registered with renewed license (thanks to the help of my friend who loaned me the money)
* Enrolled in Dave Ramsey’s Financial Planning University, baby step #2
* Healthy, single, and loving myself
* Still in therapy biweekly, still on antidepressants/anti-anxiety medications
* Better relationships with my entire family
* Feeling like I am learning who I am again, finally enjoying being around myself, and in my mind
* Able to file my taxes, pay my monthly bills, build a savings, and pay off my debts