NOVA WELLNESS COLLECTION INC.
Let's Heal Together
Thenovahub.net

DAILY RECOVERY CHECK-IN

DATE _____ **TIME** _____

Stay honest. Stay gentle. Focus on the next right step.

1. TODAY I FEEL...

- ☐ Strong
- ☐ Anxious
- ☐ Proud
- ☐ Tired
- ☐ Craving
- ☐ Numb
- ☐ Hopeful
- ☐ Overwhelmed
- ☐ Other: _____

2. URGE / CRAVING LEVEL

1 2 3 4 5 6 7 8 9 10

mild intense

3. WHAT TRIGGERED ME TODAY?

_____

_____

_____

_____

4. WHAT DO I NEED MOST RIGHT NOW?

- ☐ Rest
- ☐ Food
- ☐ Water
- ☐ Support
- ☐ Quiet
- ☐ Movement
- ☐ Meeting
- ☐ Distance
- ☐ Safety
- ☐ Other: _____

5. WHAT HELPS ME STAY ON TRACK?

- ☐ Call someone
- ☐ Take a walk
- ☐ Journal
- ☐ Shower
- ☐ Music
- ☐ Breathe
- ☐ Go to sleep
- ☐ Remove myself
- ☐ Other: _____

6. ONE THING I DID RIGHT TODAY

_____

_____

_____

_____

7. MY NEXT SAFE STEP

_____

_____

_____

8. WHO CAN I REACH OUT TO?

_____

Recovery is built one honest step at a time.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.