



My safe place looks like...

[illegible][illegible][illegible]



Substance Use Recovery Goals

When I think about sobriety, my body feels...

My biggest challenge right now is...

A gentle step I can take today is...



Physical Health

My body feels strongest when...

One way I want to care for my body is...

Today I notice my body feels...



Mental & Emotional Wellness

A feeling I want to understand better is...

When I am overwhelmed, it helps me to...

Something kind I can say to myself today is...



Support Systems

A person who makes me feel safe is...

[illegible]

When I reach out for support, I feel...

[illegible]

I feel connected when...

[illegible]



Life Skills & Daily Living

When I accomplish a small task, I feel...

[illegible]

A daily rhythm that helps me feel calm is...

[illegible]

I want to feel more confident in...

[illegible]



Education & Employment

When I imagine my future work/education, I feel...

A strength I already have is...

Something new I want to learn is...

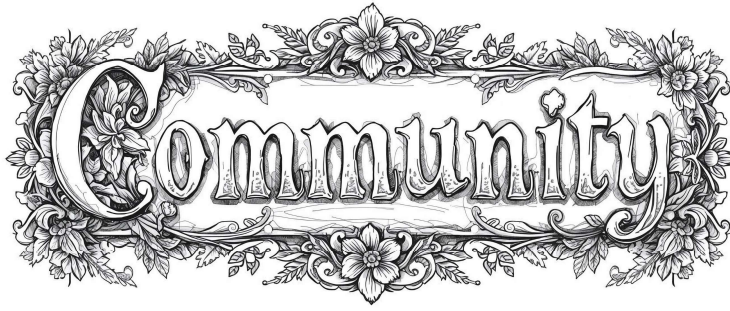


Spirituality & Purpose

When I feel most connected, it is because...

My sense of purpose grows when...

A practice that grounds me is...



Community Engagement

I feel a sense of belonging when...

A way I would like to give back is...

Being part of a community feels like...



Crisis & Safety Planning

My early warning signs are...

[illegible]

A safe way to soothe myself is...

Year	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030
Population (millions)	7.5	7.6	7.7	7.8	7.9	8.0	8.1	8.2	8.3	8.4	8.5	8.6	8.7	8.8	8.9	9.0	9.1	9.2	9.3	9.4	9.5
GDP (trillion USD)	45.0	48.0	51.0	54.0	57.0	60.0	63.0	66.0	69.0	72.0	75.0	78.0	81.0	84.0	87.0	90.0	93.0	96.0	99.0	102.0	105.0
Urban population (millions)	4.5	4.6	4.7	4.8	4.9	5.0	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9	6.0	6.1	6.2	6.3	6.4	6.5
Life expectancy (years)	72.5	73.5	74.5	75.5	76.5	77.5	78.5	79.5	80.5	81.5	82.5	83.5	84.5	85.5	86.5	87.5	88.5	89.5	90.5	91.5	92.5
Renewable energy share (%)	15.0	16.0	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0
CO2 emissions (Gt)	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0
Forest cover (%)	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0
Healthcare expenditure (GDP %)	5.0	5.2	5.4	5.6	5.8	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4	7.6	7.8	8.0	8.2	8.4	8.6	8.8	9.0
Internet usage (%)	40.0	45.0	50.0	55.0	60.0	65.0	70.0	75.0	80.0	85.0	90.0	95.0	98.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Gender inequality index	0.65	0.64	0.63	0.62	0.61	0.60	0.59	0.58	0.57	0.56	0.55	0.54	0.53	0.52	0.51	0.50	0.49	0.48	0.47	0.46	0.45
Urbanization rate (%)	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5	70.0
Renewable energy investment (Bn USD)	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0	28.0	29.0	30.0
CO2 emissions per capita (t)	2.0	2.05	2.1	2.15	2.2	2.25	2.3	2.35	2.4	2.45	2.5	2.55	2.6	2.65	2.7	2.75	2.8	2.85	2.9	2.95	3.0
Forest cover loss (ha)	1000000	1050000	1100000	1150000	1200000	1250000	1300000	1350000	1400000	1450000	1500000	1550000	1600000	1650000	1700000	1750000	1800000	1850000	1900000	1950000	2000000
Healthcare expenditure (Bn USD)	225.0	242.4	260.0	277.6	295.2	312.8	330.4	348.0	365.6	383.2	400.8	418.4	436.0	453.6	471.2	488.8	506.4	524.0	541.6	559.2	576.8
Internet usage (Bn USD)	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0	28.0	29.0	30.0
Gender inequality index	0.65	0.64	0.63	0.62	0.61	0.60	0.59	0.58	0.57	0.56	0.55	0.54	0.53	0.52	0.51	0.50	0.49	0.48	0.47	0.46	0.45
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Someone I trust to call in hard times is...

[illegible]



Short-Term vs. Long-Term Goals

A small step I can take this week is...

[illegible]

A long-term dream I hold is...

[illegible]

I will celebrate myself by...

[illegible]



Accountability & Review

I feel proud of myself when...

[illegible]

The progress I've noticed is...

[illegible]

Something I want to remember if I struggle is...

[illegible]