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# ASPIRATIONS WORKSHEET

A journey of a thousand miles begins where one stands.  
– Laozi, DAO DE JING

Humans change behavior because there is something they want to move toward. Avoiding pain or unwanted outcomes only stops the behavior for a period of time. It's an aspiration (*I want to dance at my daughter's wedding, I want to teach my son to make chicken soup*) that motivates us to recover and move forward in our lives. These big-picture recovery plans are the engine and the North Star for recovery (the thousand miles).

## DEVELOPING ASPIRATIONS

Once all this psychosis stuff is done, how will your life be different? What do you want to be doing or getting?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## *Obstacles versus Aspirations*

Did you choose removing an obstacle as an aspiration? If this obstacle (voices, fears of others, low motivation, problems with substances) went away, what would you be able to do or have?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

(continued)

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## ASPIRATIONS WORKSHEET *(continued)*

### ***Steps versus Aspirations***

Some goals are great targets but might not be as motivating because they are discrete steps—for example, being discharged from the program or the hospital, ending probation, or getting a high school equivalency degree. If you accomplished that step, what would you be able to do or have?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Now that you've identified the aspirations and made sure you have an exciting aspiration, make them more useful to keep you going and increase the hope. Make the aspirations vivid in your mind.

### ***Breaking Down the Aspirations***

Now that you have a fully imagined dream (aspiration), how do you get there? Let's break it down to an objective behavior you can start right now to journey toward your aspiration.

1. Aspiration: \_\_\_\_\_
2. Step: \_\_\_\_\_
3. Step: \_\_\_\_\_
4. Step: \_\_\_\_\_
5. Step: \_\_\_\_\_
6. Starting step: \_\_\_\_\_