

My Recovery Progress Over Time

A practical way to notice change, recognize milestones, and keep your next goals connected to what matters to you.

Recovery is rarely a straight line. Some changes are obvious; others become visible only when you compare where you are now with where you started. This pack helps you look across weeks or months rather than judge your recovery by one difficult day.

HOW TO USE THIS PACK

- ☐ Start with Where I Began so you have a personal starting point.
- ☐ Use What Has Changed periodically — monthly can work well, or whenever your recovery plan changes.
- ☐ Record milestones and firsts that matter in your own life, even when they seem small.
- ☐ Review goals with your healthcare or rehabilitation team when professional guidance is appropriate.
- ☐ Use the timeline to capture turning points, setbacks, changes in care, and accomplishments.

WHAT PROGRESS CAN LOOK LIKE

Progress may mean doing something independently, needing less help, using a new strategy successfully, having more endurance, communicating more easily, returning to a familiar role, or managing a task with greater confidence. It can also mean learning what support or adaptation helps you participate more fully in everyday life.

PROGRESS IS PERSONAL

Recovery goals should reflect your needs, abilities, priorities, and everyday life. Independence, communication, mobility, self-care, confidence, participation, endurance, and returning to meaningful activities can all matter. Your progress does not need to look like someone else's.

THIS IS NOT A CLINICAL SCORE

These pages organize your own observations and conversations. They are not a medical assessment and should not replace measurements or recommendations from your healthcare or rehabilitation professionals.

Where I Began

Looking back at your starting point can make gradual changes easier to recognize. Describe your own experience rather than trying to assign yourself a medical score.

Date or period I am using as my starting point:

At the beginning, I needed the most help with:

The hardest part of everyday life was:

Something I could not do, or could do only with difficulty:

What I was most concerned about:

Something I hoped I would be able to do again:

What Has Changed?

Use this page every few weeks or months to compare your current abilities with an earlier point. Small changes count when they matter in daily life.

Date of this review:

Something I can do now that I could not do before:

Something I can do with less help:

Something that takes less effort, time, or concentration:

A symptom, limitation, or difficulty that has changed:

A change someone else has noticed:

A change that surprised me:

Milestones That Matter to Me

A milestone does not have to be dramatic. Preparing part of a meal, walking farther, speaking more clearly, remembering a routine, managing an appointment, sleeping better, or returning to a favorite activity may all be meaningful.

Date	Milestone / first / improvement	Why it mattered to me

WHAT HELPED?

People, therapy, practice, equipment, routines, changes in care, or other things that helped:

WHAT THIS MAKES ME WANT TO WORK TOWARD NEXT

My Recovery Goals

Choose goals that are meaningful to you and discuss them with your healthcare or rehabilitation team when professional guidance is needed. A useful goal describes what you want to do, what support may be needed, and how you will recognize progress.

Goal that matters to me	Why it matters	Smaller next step

MY TOP PRIORITY RIGHT NOW

The goal I want to focus on first:

What may help me move toward it:

Support, information, or professional guidance I may need:

How I will recognize that I am moving forward:

When I want to review this goal again:

When Progress Is Not a Straight Line

A difficult day, setback, illness, change in treatment, or temporary need for more help does not erase earlier gains. Use this page to understand what happened and what the experience may mean for your next steps.

What happened or changed:

What became harder:

What helped me get through it:

What I learned about what I need:

Does my recovery plan or goal need to be reviewed with my healthcare team?

Something I had already gained that is still part of my progress:

WHAT I WANT TO CARRY FORWARD

My Recovery Timeline

Record important dates, turning points, accomplishments, changes in care, setbacks, and decisions. Over time, the timeline can show a recovery story that is difficult to see from day to day.

Date / period	What happened or changed	Why I want to remember it

LOOKING ACROSS THE TIMELINE

A pattern or change I notice when I look back:

Something that took longer than I expected — but did change:

Something I want to discuss at my next healthcare or therapy visit:

My Progress Review

Use this page as a periodic summary. It brings together what has changed, what matters now, and where you want to go next.

Review date:

The most meaningful progress since my last review:

Something that is still difficult:

A milestone or accomplishment I want to recognize:

A goal I have reached or substantially improved:

A goal that has changed — and why:

My next meaningful milestone:

The question or support I need next:

ONE THING I WANT TO REMEMBER
