

SereneScene

Magazine For Long Term Healthy Lifestyles of Recovery

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Martin**
Ted Dunn

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Recovery Pt. II**
John Newport, PhD

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The Four Levels Of Transformation
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Education and Self-Discovery
Andrew Martin, MBA, CADC II, SAP

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A Coach's Way
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12 Step Trek
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self-discovery serves to motivate further action that is in alignment with intention. As a result, additional goal setting follows, then more fulfillment – and so on.

It is important to recognize that all of education and self-discovery that takes place to create unique brilliance, intention and goal setting is directed by the individual. These things do not happen if the individual is not motivated to do the work. Perhaps this is why people in recovery tend to make discoveries about themselves more easily because they are exposed to this type of work that is necessary to find recovery to begin with.

Finding Unique Brilliance

Consider the following questions without rushing to conclusions. Allow yourself to ponder and play with the ideas.

1. What skills do I have that others compliment me about?
2. What do I find easy to create?

3. What act causes me to feel intensely focused, "in the zone"?
 4. When I am engaged in this act time passes by extremely fast.
 5. What am I hungry to learn more about?
 6. What subject matter do I want to help others learn?
 7. What central focus have most of my accomplishments revolved around?
- Finding Intention

After discovering your unique brilliance, sit with the thought of your unique brilliance and allow yourself to be open to all possibilities. What does your heart tell you? This is likely your intention.

GOAL SETTING AND ACTION PLANNING

An action plan should include the participation of all individuals involved with the implementation and /or

support of the plan; additional parties can always be included. While the action plan is being developed, it is important to have consensus on the objectives and goals of the action plan. Consensus means all parties are willing to support the objectives and goals. The action plan should include:

- **OBJECTIVE** (very big picture)
What is the area of behavior or performance to be modified?
- **GOAL** (wide angle picture)
What is the specific goal that will be achieved when the action plan is complete?
Note: There may be many goals listed in order to achieve one objective.
- **ACTION** (near-term picture)
What is the specific task that will be performed and will result in achieving the goal?
Note: There may be many actions listed in order to achieve one goal.

- **TARGET DATE**
When will each action item be achieved and/or completed?
Note: There must be an individual target date for each of the actions listed.
- **MEASURE & STATUS** (snapshot picture)
How will it be determined when each of the action items is achieved?
What is the latest performance measure status?
- **SUPPORT**
Who will act as the support team?
What resources will be necessary to perform the actions?



Action Plan Sample Format

Objective	Goal	Action	Target Date	Measures	Support	Status