

## ***My Substance Use Action Plan***

*Think about one specific way in which you'd like to improve your health by reducing substance use behaviors. Think about why you'd like to achieve this goal and what you'll need to do to achieve it. Then start to write down specifics on how you'll achieve this goal and when you'll start working on it.*

### **My goal:**

- I want to cut down my drinking and will drink no more than drink(s) on any day and no more than drink(s) per week.
- I want to stop drinking \_\_\_\_\_
- I want to cut down my \_\_\_\_\_ use to \_\_\_\_\_ day(s) per week
- I want to cut down my \_\_\_\_\_ use to \_\_\_\_\_ time(s) per day
- I want to stop using \_\_\_\_\_

**What is the first step I'm going to take to do this:**

**What is the second step I'm going to take to do this:**

**What potential helpers can you identify?**

