

## HOPE FOR TODAY – HOPE FOR TOMORROW

What is your definition of HOPE?

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How old were you when you started using?

How old were you when you realized you had a problem? How did you know?

How old were you when you first tried to quit?

What age are you now?

How would you like your life to be one year from now?

Name one thing that has changed for the better in your life during the brief time that you have been clean.

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Name one thing you would still like to see changed in your life as a result of being in recovery.

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