

evolveMD

HEALTHCARE EVOLVED

THRIVE

WORKBOOK

A step-by-step guide to building your new life

This workbook belongs to: _____

Date I started: _____

My EvolveMD care team: _____

Welcome

This workbook is your guide to creating real, lasting change in your life. Whether you're feeling stuck, uncertain, or simply ready for something new, you'll find tools here to help you move forward with confidence.

THRIVE walks you through eight steps. You'll start by taking an honest look at where you are today, uncover what truly motivates you, picture the life you want, and turn that picture into clear goals and daily habits. Along the way you'll build a support system, learn to track your progress, and practice getting back on track when life gets in the way.

There are no right or wrong answers. This is your story, written in your own words.

How to Use This Workbook

- **Go in order.** Each step builds on the one before it.
- **Take your time.** Most people complete one step per week. There is no deadline.
- **Be honest.** No one is grading this. You are your own guide.
- **Write it down.** Putting thoughts on paper makes them clearer and easier to act on.
- **Bring it with you.** Share what you're comfortable with at your visits so your care team can support your goals.
- **Come back often.** Steps 5, 7 and 8 contain tools designed to be used again and again.

Your Health and Safety Come First

This workbook supports your care at EvolveMD. It is not a substitute for medical or mental health treatment.

If you are in crisis or thinking about harming yourself, call or text **988** (Suicide & Crisis Lifeline), available 24/7. In an emergency, call **911**.

For substance use treatment and referrals, call the SAMHSA National Helpline at **1-800-662-4357** (free, confidential, 24/7).

Questions about your care? Contact your EvolveMD care team at **www.evolvemd.org**.

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STEP 1

Take Inventory

Discover where you are so you can plan where you're going

Why This Step Matters

Before you can move forward, you need to know where you stand. Just as a GPS needs your current location to give directions, personal growth starts with a clear understanding of your life right now.

This step is an honest look at every area of your life: your habits, strengths, challenges, relationships, values, and dreams. You don't need to judge or fix anything yet. You're simply gathering information so you can move forward with intention and purpose.

Instructions for This Step

Go slow. This is not a test; it's self-exploration.

Be honest. No one else is grading this.

Use the checkboxes, scales, and prompts to complete each section.

Don't worry about "right" answers, only YOUR answers.

This is your starting point, not your final destination.

A Life Snapshot

Rate each area of your life from 1 (very dissatisfied) to 10 (very satisfied). Circle one number per row.

Life Area	My Rating (circle one)	Why I rated it this way
Physical Health	1 2 3 4 5 6 7 8 9 10	
Emotional Wellbeing	1 2 3 4 5 6 7 8 9 10	
Mental Health	1 2 3 4 5 6 7 8 9 10	
Relationships	1 2 3 4 5 6 7 8 9 10	
Work / School	1 2 3 4 5 6 7 8 9 10	
Finances	1 2 3 4 5 6 7 8 9 10	

Life Area	My Rating (circle one)	Why I rated it this way
Spirituality / Meaning	1 2 3 4 5 6 7 8 9 10	
Fun & Recreation	1 2 3 4 5 6 7 8 9 10	
Environment (Home, Safety)	1 2 3 4 5 6 7 8 9 10	
Habits & Routines	1 2 3 4 5 6 7 8 9 10	

Looking at your ratings, which 2–3 areas would you most like to improve over the next few months? Why?

B Strengths & Supports

You're not starting from scratch; you're starting from experience. You already have tools, strengths, and support, even if they don't feel obvious yet.

My Personal Strengths

- ☐ I'm determined
- ☐ I'm compassionate
- ☐ I'm open to learning
- ☐ I bounce back from tough times
- ☐ I can stay calm under pressure
- ☐ I'm creative
- ☐ I'm loyal
- ☐ I'm a good problem-solver
- ☐ I have a good sense of humor
- ☐ I'm dependable

Other strengths I have:

My Current Supports

- ☐ Family I trust
- ☐ A mentor or coach
- ☐ A spiritual community
- ☐ My pets
- ☐ Books, podcasts, or music that lift me up
- ☐ Friends who care about me
- ☐ Support groups or recovery circles
- ☐ A therapist, counselor, or doctor
- ☐ Online communities or forums

People I can turn to for support (list at least 3):

1. _____

2. _____

3. _____

C Habits & Patterns

Helpful habits I already practice:

_____

_____

_____

Habits I'd like to change or stop:

_____

_____

_____

D What Truly Matters to Me

Check the values that feel most important to you, then choose your top five.

- ☐ Honesty
- ☐ Growth
- ☐ Loyalty
- ☐ Love
- ☐ Kindness
- ☐ Faith
- ☐ Service
- ☐ Security
- ☐ Family
- ☐ Justice
- ☐ Creativity
- ☐ Learning
- ☐ Independence
- ☐ Fun
- ☐ Freedom
- ☐ Connection

☐ Achievement ☐ Health ☐ Respect ☐ Adventure

My top 5 values are:

1. _____
2. _____
3. _____
4. _____
5. _____

How do my current choices reflect my values, and how do they not?

E Dream Big

If nothing stood in my way, I would…

One thing I want to accomplish in the next 12 months is…

F Self-Check: Where Am I Right Now?

Statement	Yes	No	Not Sure
I'm ready to make a change	☐	☐	☐
I know at least one thing I want to work on	☐	☐	☐
I believe I have strengths to build on	☐	☐	☐
I feel hopeful about the future	☐	☐	☐
I feel overwhelmed and need help getting started	☐	☐	☐

If you checked "Yes" to feeling overwhelmed, that's okay. Share this page with your care team at your next visit; that is a great first step.

✓ Step 1 Complete: Take Inventory

You've done important work here. You've looked at yourself honestly and bravely, and that matters. This inventory isn't about perfection; it's about truth. And the truth is, you are capable of growth, healing, and change.

Up next: Step 2: Understand What Drives You, a deeper look at your "why" and what fuels lasting motivation.

STEP 2

Understand What Drives You

Motivation and mindset

This step helps you connect with why you want to change and what might be getting in the way. You'll also explore your inner beliefs and thoughts, because real change starts in the mind.

A What's Driving Me to Change?

Try to go beyond what you "should" do and find what really matters to you.

1. What are the top 3 reasons I want to make a positive change in my life?

2. If I could wave a magic wand and instantly create the life I want, what would it look like?

Think about relationships, health, work, happiness, energy, and peace.

3. What would it mean to me (emotionally, spiritually, or practically) to achieve my goals?

B What Happens If I Don't Change?

Sometimes the cost of staying the same can help push us toward growth.

1. What will my life look like if I stay exactly where I am for the next year?

2. How would I feel about myself?

3. What opportunities might I miss if I don't take action?

C What Happens If I Do Change?

Let yourself imagine the best possible outcome.

1. How will my life improve if I follow through on my goals?

2. What will I gain emotionally, physically, and mentally?

3. How will this affect the people I care about?

D What's Holding Me Back?

We all have roadblocks. Naming them gives you the power to move past them.

1. What thoughts or fears come up when I think about changing?

2. What patterns or habits have stopped me in the past?

3. Are there people, situations, or environments that make it harder for me to succeed?

E Reframe Your Thoughts

Our thoughts shape how we feel and what we do. This exercise, based on cognitive behavioral therapy (CBT), helps you notice unhelpful thoughts and replace them with more balanced ones. Use the roadblocks you named in Part D. Complete at least three rows.

Unhelpful Thought	Emotion It Triggers	Healthier Thought (Reframe)
Example: "I'll never change."	*Hopelessness*	*"Change takes time, but I can improve a little every day."*

F Your Motivational Statement

Now pull together everything you've written into one or two sentences that sum up your desire for change. This is your "why": your reason to keep going, even when it's hard.

Example: "I want to be healthy and strong so I can enjoy life with my kids and feel proud of myself every day."

My "Why":

✓ Step 2 Complete

You've named what matters and what's in your way. Keep your "why" somewhere you'll see it often.

Up next: Step 3: Envision Your Future, where you'll picture the life you're building.

STEP 3

Envision Your Future

Designing a life you're excited about

Now that you know where you are and why you want to change, it's time to decide where you're going. In this step you'll dream, define, and describe the life you want to build. This vision becomes the foundation for your goals in Step 4.

A Imagine Your Best Life

Reflect on your values, your strengths, and what makes you feel alive. Picture your life 3–5 years from now if you stay committed to your path of growth. Close your eyes for a moment, breathe deeply, then answer:

Where am I living?

What does a typical day look like?

Who am I spending time with?

What kind of work or purpose fills my time?

How do I take care of my body and mind?

How do I feel most days?

- ☐ Confident
- ☐ Calm
- ☐ Energized
- ☐ Grateful
- ☐ Joyful
- ☐ Peaceful
- ☐ Other: _____

What have I overcome to get there?

How do others describe me in this future?

- ☐ Reliable
- ☐ Creative
- ☐ Brave
- ☐ Loving
- ☐ Strong
- ☐ Grounded
- ☐ Free
- ☐ Other: _____

B Write Your Personal Vision Statement

Your vision statement is a short paragraph (3–6 sentences) that describes the life you're working toward. It's personal, powerful, and rooted in what matters most to you. Use this template to get started:

> *"I am building a life where I feel [emotion or value], and I spend my time doing [purpose or activity] with people who [relationship quality or support]. I take care of my [body/mind/spirit] by [daily habits or self-care]. Even when things get hard, I [what I do to stay strong]. I am proud of the person I am becoming."*

My Vision Statement:

- ☐ I will revisit my vision statement monthly
- ☐ I will use it to guide my goals and choices
- ☐ I believe I am capable of creating this life

✓ Step 3 Complete

You have a picture of where you're headed. A vision gives direction; goals give you a path.

Up next: Step 4: Set SMART Goals, where you'll turn this vision into concrete steps.

STEP 4

Set SMART Goals

Turning your vision into a plan

A vision without a plan is a wish. In this step you'll choose a few meaningful goals and make them SMART, so you know exactly what you're working toward and how you'll know when you've gotten there.

A What Makes a Goal SMART?

	Ask Yourself	Not SMART → SMART
Specific	What exactly will I do?	"Get healthier" → "Walk after dinner"
Measurable	How will I know I did it?	"Walk more" → "Walk 20 minutes"
Achievable	Is this realistic for me right now?	Start with 3 days a week, not 7
Relevant	Does this connect to my vision and values?	Ties to "having energy for my kids"
Time-bound	By when?	"…3 days a week for the next 4 weeks"

> **Example SMART Goal**
> *"I will walk for 20 minutes after dinner, 3 days a week, for the next 4 weeks, so I have more energy to play with my kids."*

B Choose Your Focus Areas

Look back at the 2–3 life areas you chose to improve in Step 1 and your vision statement in Step 3. List the areas you'll set goals for:

C My SMART Goals

Set one short-term, one medium-term, and one long-term goal. Short-term wins build the confidence to reach bigger goals.

Short-Term Goal (next 30 days)

	My Goal
My goal is…	
Specific: what exactly?	
Measurable: how will I track it?	
Achievable: why is this realistic?	
Relevant: how does it connect to my "why"?	
Time-bound: target date	
My very first step	
Possible obstacles & my plan	
Who can help me	

Medium-Term Goal (3–6 months)

	My Goal
My goal is…	
Specific: what exactly?	
Measurable: how will I track it?	
Achievable: why is this realistic?	

	My Goal
Relevant: how does it connect to my "why"?	
Time-bound: target date	
My very first step	
Possible obstacles & my plan	
Who can help me	

Long-Term Goal (1 year)

	My Goal
My goal is…	
Specific: what exactly?	
Measurable: how will I track it?	
Achievable: why is this realistic?	
Relevant: how does it connect to my "why"?	
Time-bound: target date	
My very first step	
Possible obstacles & my plan	
Who can help me	

✓ Step 4 Complete

You now have clear, realistic goals and a first step for each. That is a real plan.

Up next: Step 5: Build Daily Habits & Mindset, the small actions that move your goals forward every day.

STEP 5

Build Daily Habits & Mindset

Small, consistent actions create big change

In this step you'll create your daily system for staying focused, motivated, and mentally strong, and connect it directly to your vision and goals.

A Connect Your Vision to Daily Action

For each part of your vision, name a daily or weekly habit that supports it.

Vision Element	Daily / Weekly Habit That Supports It
Example: "Calm and grounded"	*10 minutes of morning meditation*

B Build Your Daily Routine

Check the habits you'd like to include in your ideal day:

- ☐ Morning stretch or movement
- ☐ Time outside / fresh air
- ☐ Healthy meals and hydration
- ☐ Creative time (art, music, reading)
- ☐ Wind down without a screen
- ☐ Other: _____
- ☐ 10 minutes of journaling
- ☐ Intentional breathing or meditation
- ☐ Time for connection (family, friends, community)
- ☐ Review my goals
- ☐ Go to sleep at a consistent time

The 2–3 habits I will start this week:

- ☐ _____
- ☐ _____
- ☐ _____

C Weekly Habit Tracker

Make copies of this page or redraw it in a notebook so you can use it every week.

Week of: _____

Day	Morning Habit	Midday Check-In	Evening Wind-Down	Notes (Mood, Energy, Wins)
Monday	☐	☐	☐	
Tuesday	☐	☐	☐	
Wednesday	☐	☐	☐	
Thursday	☐	☐	☐	
Friday	☐	☐	☐	
Saturday	☐	☐	☐	
Sunday	☐	☐	☐	

Weekly reflection: What worked? What threw me off?

D Daily Thought Log

Each day, notice one negative or stressful thought and reframe it using the skill you practiced in Step 2.

Situation	Thought I Had	Emotion I Felt	A More Helpful Thought	Action I Took

Situation	Thought I Had	Emotion I Felt	A More Helpful Thought	Action I Took

Tip: You don't have to believe the new thought 100%. Just try it on, like a new pair of shoes.

E Daily Self-Check-In

Use this each day or a few times a week.

Today I feel:

- ☐ Energized
- ☐ Calm
- ☐ Hopeful
- ☐ Motivated
- ☐ Overwhelmed
- ☐ Sad
- ☐ Anxious
- ☐ Lonely
- ☐ Angry
- ☐ Other: _____

Top 3 things on my mind right now:

1. _____
2. _____
3. _____

Today I will focus on just ONE thing I can do to grow:

_____

_____

F Motivational Self-Talk

Complete these sentences to encourage yourself.

I am making progress because…

_____

Even when things are hard, I still…

I am proud of myself for…

One small win I had this week is…

I forgive myself for…

✓ Step 5 Complete

You've built a daily system that supports your goals. Consistency matters more than perfection.

Up next: Step 6: Build Your Support System, because you don't have to do this alone.

STEP 6

Build Your Support System

Support and accountability

Having the right support can make the difference between staying stuck and succeeding. In this step you'll map out who and what will keep you motivated, encouraged, and on track, even when life gets messy.

A Who's in Your Corner?

Start with the people you listed in Step 1. Think of mentors, friends, family, professionals, or community groups.

Name	Role in My Life	How They Support Me	When I'll Reach Out

☐ I have at least one person I trust to talk to when I'm struggling

☐ I feel safe asking for help when I need it

The kind of support I need most is:

B Support Inventory

Check what kinds of support you already have and what you want to build or strengthen.

Support Type	I Have This Now	I Want to Strengthen	Notes
Accountability partner	☐	☐	

Support Type	I Have This Now	I Want to Strengthen	Notes
Therapist or coach	☐	☐	
Positive friend group	☐	☐	
Community or faith group	☐	☐	
Self-care routine	☐	☐	
Financial safety plan	☐	☐	
Medical care team	☐	☐	

C Support Action Plan

Sometimes people want to help but don't know how. Plan specific requests for support.

Example: "I need help staying on track with my physical health goals. I'll ask my sister to walk with me twice a week."

What I Need	Who I'll Ask	When	How I'll Ask

D Tools & Resources

Check the tools or resources you'd like to include in your life:

- ☐ Therapist / counselor
- ☐ Coach or mentor
- ☐ Self-help books / podcasts
- ☐ Crisis or warm line numbers
- ☐ Financial counseling
- ☐ Support group (AA, NA, SMART Recovery, etc.)
- ☐ Faith or spiritual community
- ☐ Health or wellness apps
- ☐ Career / job coaching
- ☐ Transportation help

☐ Community center or library ☐ Other: _____

E Accountability Builder

Having someone to check in with, even once a week, keeps your goals real. Design your own check-in system.

Who will I check in with?

How often?

☐ Daily ☐ Weekly ☐ Monthly ☐ Only when I'm stuck ☐ Other: _____

How will I check in?

☐ Text ☐ Call ☐ In person

☐ Shared calendar ☐ App / journal ☐ Other: _____

My Accountability Promise

"I will take ownership of my journey. I'll ask for help when I need it, and I will show up for myself even when it's hard."

Signature: _____ **Date:**

Journal Prompts

Who helps me feel the most like my best self? Why?

What makes it hard for me to ask for support sometimes?

How will I remind myself that I don't have to do this alone?

✓ Step 6 Complete

You've identified your people, your tools, and your plan for staying accountable.

Up next: Step 7: Track Progress & Celebrate Wins.

STEP 7

Track Progress & Celebrate Wins

Checking in, adjusting, and recognizing growth

The journey of change is not a straight line. It's full of ups, downs, and powerful learning. In this step you'll create a rhythm for checking in on your goals, celebrating progress, and adjusting your plan without shame or guilt.

A Monthly Goal Review

Once a month, review each of your SMART goals from Step 4.

Month: _____

Goal (from Step 4)	Progress Made	On Track? (Y/N)	Changes Needed	How I Feel About It

- ☐ I gave myself credit for progress, even small wins
- ☐ I adjusted my expectations without beating myself up
- ☐ I stayed connected to why the goal matters

B Self-Reflection Check-In

Answer these once or twice a month, or anytime you feel stuck or successful.

1. What am I most proud of this month?

2. What surprised me (in a good or bad way)?

3. What setbacks or challenges did I face?

4. What did I learn about myself?

5. What would I like to try differently next month?

6. What support might I need more of?

C Progress Snapshot

Re-rate the same life areas from Step 1 and compare. Copy your Step 1 rating into the first column, then circle where you are today.

Date: _____

Life Area	Step 1 Rating	Today (circle one)	Notes or Wins
Physical Health		1 2 3 4 5 6 7 8 9 10	
Emotional Wellbeing		1 2 3 4 5 6 7 8 9 10	

Life Area	Step 1 Rating	Today (circle one)	Notes or Wins
Mental Health		1 2 3 4 5 6 7 8 9 10	
Relationships		1 2 3 4 5 6 7 8 9 10	
Work / School		1 2 3 4 5 6 7 8 9 10	
Finances		1 2 3 4 5 6 7 8 9 10	
Spirituality / Meaning		1 2 3 4 5 6 7 8 9 10	
Fun & Recreation		1 2 3 4 5 6 7 8 9 10	
Environment (Home, Safety)		1 2 3 4 5 6 7 8 9 10	
Habits & Routines		1 2 3 4 5 6 7 8 9 10	

Which area would I most like to focus on next month, and why?

D Celebrate Your Wins

Big or small, celebrating wins builds confidence and motivation. Check everything that's true for you this month:

- ☐ I kept going even when I wanted to quit
- ☐ I asked for help
- ☐ I grew in how I think, act, or treat myself
- ☐ I rested when I needed to
- ☐ I made a healthy choice I'm proud of
- ☐ I finished something I started
- ☐ I showed up for someone I care about
- ☐ Other: _____

A healthy way I can reward myself:

- ☐ Go out with a friend
- ☐ Buy something small but meaningful
- ☐ Take a solo day or treat
- ☐ Share my win with someone I trust

☐ Take a break and breathe it in ☐ Other: _____

Monthly Journal Prompts

This month, I grew in these ways:

If I could talk to myself 30 days ago, I would say:

I'm learning to be the kind of person who:

My goals are changing in this way:

I want to remind myself that:

✓ Step 7 Complete

Tracking your progress lets you see how far you've come, and adjust before small slips become big ones.

Up next: Step 8: Reset & Resilience, your plan for getting back on track.

STEP 8

Reset & Resilience

What to do when you get off track

Let's be honest: no one sticks to their plan perfectly. Real growth includes missed days, setbacks, and tough seasons. This step gives you tools to reset without shame, reconnect with your goals, and move forward with strength.

A Know Your Setback Triggers

Check the situations that usually make it hard for you to stay on track:

- ☐ Feeling overwhelmed or anxious
- ☐ A crisis or life stress
- ☐ Conflict with someone
- ☐ Lack of time or energy
- ☐ Comparing myself to others
- ☐ Not seeing quick results
- ☐ Poor sleep or physical health issues
- ☐ Negative self-talk
- ☐ Forgetting why I started
- ☐ Other: _____

Which 2–3 triggers show up most for me? Why?

B Reframe the Setback

When things don't go as planned, use this chart to break the cycle of guilt and restart with clarity.

What Happened	What I Thought	What I Felt	Another Way to Look at It	One Small Step I Can Take
Example: I didn't work out all week	*"I'm lazy."*	*Discouraged*	*I was tired and needed rest.*	*Try again tomorrow with a 10-minute walk.*

What Happened	What I Thought	What I Felt	Another Way to Look at It	One Small Step I Can Take

C My Personal Reset Plan

Make a custom plan for when you're feeling stuck, unmotivated, or off track. The first three rows are examples; replace them with your own.

Situation or Feeling	What Helps Me Regroup	Who / What I Can Turn To
Feeling unmotivated	*Re-read my goals and my "why"*	*My accountability partner*
Overwhelmed at work	*Take a 15-minute break and breathe*	*Therapist, journal*
Lonely or isolated	*Call a friend*	*Faith group or meetup*

- ☐ I don't need to be perfect to keep going
- ☐ One step forward is better than giving up
- ☐ I know how to pause, reset, and begin again

D When You Fall Off Completely

Sometimes we stop everything and feel stuck for a long time. That's okay. Use this five-step reset checklist to begin again.

☐ **1. Name what happened.** *I got off track when…*

☐ **2. Be kind to yourself.** *What would I say to a friend in this situation?*

☐ **3. Reconnect with your "why."** *Why does this matter to me? (Look back at Step 2.)*

☐ **4. Choose just one step.** *The smallest step I could take today is…*

☐ **5. Take action within 24 hours.** *Even if it's tiny, do something to build momentum. What I did:*

> **Remember**
> A setback is not the same as starting over. If you are struggling with a return to substance use, thoughts of self-harm, or a mental health crisis, reach out to your care team right away, or call or text **988**.

Journal Prompts: Bouncing Back

When I mess up or quit something, what do I usually tell myself?

What would a kinder, wiser version of me say instead?

Think of a time I got back on track after a hard season. What helped?

I want to remember that I am still worthy even when…

One thing I can always come back to, no matter what:

CLOSING

Final Reflections

Look back, look forward, and plan your next step

One thing I've learned about myself in this process is:

The belief I am choosing to carry forward is:

If I get stuck or discouraged, I will:

I am becoming someone who:

My Next Steps

My next visit with my care team	
The goal I'll review first	
The date I'll redo the Step 7 Progress Snapshot	
The page I'll keep somewhere I can see it	

Congratulations!

You've done more than create a plan. You've reconnected with your purpose, named your values, and designed a roadmap for change.

- ☐ I have a clear picture of the life I want
- ☐ I have short-, medium-, and long-term SMART goals
- ☐ I know how to track my progress and reset
- ☐ I believe I am worthy of a fulfilling life

"You don't have to see the whole staircase. Just take the first step."

— Attributed to Martin Luther King Jr.