

INVENT IT!

CREATE A TOOL THAT SUPPORTS YOUR RECOVERY

If you could invent any device or tool to help you on your recovery journey, what would it look like? What would it do?
How would it help you feel your best?

MY RECOVERY INVENTION

DRAW YOUR DEVICE OR TOOL HERE!

MY INVENTION IS CALLED...

WHAT DOES IT LOOK LIKE?

WHAT DOES IT DO?

HOW DOES IT HELP MY RECOVERY?

WHEN WOULD I USE IT?

- When I feel stressed or overwhelmed
- When I need motivation
- When I feel sad or stuck
- When I need to relax or reset
- Other: _____

WHAT MAKES IT SPECIAL?

WHO COULD USE IT?

- Just me
- My friends
- My family
- Anyone on a recovery journey
- Other: _____

You are creative. You are capable. You are in charge of your recovery.