

Journey to Recovery Scale

My Desired Outcome. What do I want from my life right now?

My Preferred Future. How would that presence of that desired outcome be expressed in my daily life, say for example, tomorrow? What would I notice about myself? What would others notice about me that told them I was living my desired outcome?

Scaling. If 10/10 were the best possible realization of your desired outcome and 0/10 was the opposite...

- Where are you now (on a scale of 0 to 10)?
- And what would you deem acceptable (on a scale of 0 to 10)?

Please read the following:

- article at www.torontoconcussion.ca > Education > Library > Visualization: Reaching for the stars
- worksheet at www.torontoconcussion.ca > Patients > Patient Rehab Resources > Mental Performance > Aspirations Diary
- Now please relax, close your eyes, and visualize what the journey would look like from where you are presently on the scale to where you would like to go on the scale.
 - Include as many of the aspects of your life as you can:
 - Social Life; Career/School; Household/Living situation/Family; Leisure; Spiritual/Cultural/Intellectual/Religious; Exercise/Health; Daily Relaxation Time; Rewards
 - Include as many details as you can..
 - what difference would be being one level higher on the scale make? What would be different? What would you notice about yourself? What would others notice? What difference would that make? How would that make you feel? What would be different about your thoughts? What might come of that?
 - Paint a description of what life would be like on each step on this scale

10/10	
9/10	
8/10	
7/10	
6/10	
5/10	
4/10	
3/10	
2/10	
1/10	