LEARNING

1. Knowledge is power and we learn every moment in our life. Some of these moments can be negative and/or positive. What have you learned about yourself during your recovery?

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2. What are some things you desire to learn more about that would lead to positive results ex. a vocational certification in carpentry?

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3. Are you open to learning new things? If yes, what prevents you from broadening your horizons such as earning your GED, Vocational certification, or a 4-year degree.

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4. If you experienced challenges during grade school and/or high school does this prevent you from furthering your education? If you answered yes, describe your struggles.

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5. Your ability to learn is a personal blueprint and one way is not better than the other. Now that you realize this important fact. How does this help you establish a learning goal that you have for your life?

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