

THE RECOVERY DESK

PREMIUM EDITION

The 90-Day Recovery Planner

Daily structure, weekly review and flexible recovery planning

Expanded guided resource

114 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original The 90-Day Recovery Planner resource is preserved and followed by 6 new guided-practice pages tailored to daily structure, weekly review and flexible recovery planning.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

PURPOSE

This original educational resource combines plain-language information with fictional examples and guided reflection. It is not an evaluated or clinically validated intervention, and it does not guarantee an outcome.

YOUR CHOICE

You can skip questions, use a hypothetical example, write privately, and ask for support. Personal safety, culture, language, disability access, and practical realities matter more than completing every page.

SAFETY AND SCOPE

If there is immediate danger or a suspected overdose, call 911 in Canada or your local emergency number. For suicide crisis support in Canada, call or text 988. For medical, withdrawal, medication, legal, or individual treatment questions, consult a qualified professional.

KEEP IT PRACTICAL

Choose small, specific actions. If a tool is ineffective, consider another strategy, a safer location, another person, or professional support.

DAY 01 / MY PLAN

How am I arriving today (energy, mood, needs)?

One practical need and one recovery-supporting action

Morning / afternoon / evening: the minimum workable plan

Potentially difficult moment and first safer response

Connection, rest or something enjoyable

Evening: what helped and what can change tomorrow?

DAY 02 / MY PLAN

How am I arriving today (energy, mood, needs)?

One practical need and one recovery-supporting action

Morning / afternoon / evening: the minimum workable plan

Potentially difficult moment and first safer response

Connection, rest or something enjoyable

Evening: what helped and what can change tomorrow?
