

# Vision of Hope Inventory

What are ten things you want out of a life that is free from your addiction, compulsion, or unhealthy attachment? Do not hesitate to dream big here!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_