

# SECOND CHANCE WORKSHEET

## Exploring What a Fresh Start Means for You

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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### PART 1: UNDERSTANDING YOUR SECOND CHANCE

**Instructions:** Take a moment to reflect on what having a "second chance" means in your current situation.

#### My Second Chance Context

Check the areas where you're currently experiencing or seeking a second chance:

- Recovery from substance use
- Reentry after incarceration
- Rebuilding after relationship challenges
- Restarting education or career
- Reconnecting with family
- Restoring financial stability
- Recommitting to personal goals
- Redefining who I am and what matters
- Other: \_\_\_\_\_

#### What This Second Chance Means to Me

In your own words, describe what having a second chance means to you right now:

I \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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### PART 2: LESSONS FROM THE PAST

**Instructions:** Reflecting on past experiences can provide valuable insights for moving forward.

#### What Led Me Here

What patterns, decisions, or circumstances contributed to needing a second chance?

I \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Valuable Lessons**

What have you learned from these experiences that can help you now?

I \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Strengths I've Developed**

What strengths or capabilities have you gained through these challenges?

I \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## **PART 3: OBSTACLES AND SUPPORTS**

**Instructions:** Identify what might help or hinder your second chance journey.

### **Potential Obstacles**

Check the obstacles you may face and add others specific to your situation:

#### **Internal Obstacles:**

- Self-doubt or fear of failure
- Shame or guilt about the past
- Old habits or patterns
- Difficulty trusting others
- Anger or resentment
- Impatience with the process

- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

**External Obstacles:**

- Limited financial resources
- Housing challenges
- Employment barriers
- Legal restrictions
- Strained relationships
- Lack of education or skills
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

**Available Supports**

Check supports you currently have or could develop:

**People:**

- Family members
- Friends
- Mentors
- Counselors/therapists
- Support group members
- Faith community
- Probation/parole officer
- Other: \_\_\_\_\_

**Resources:**

- Housing assistance
  - Employment services
  - Educational programs
  - Recovery support
  - Legal aid
  - Healthcare access
  - Financial assistance
  - Other: \_\_\_\_\_
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## PART 4: BUILDING A DIFFERENT FUTURE

**Instructions:** Consider how you want to approach your second chance opportunity.

### Values I Want to Live By

Circle 3-5 values that you want to guide your actions going forward:

Honesty | Responsibility | Family | Growth | Integrity Compassion | Independence | Contribution  
| Spirituality | Respect Learning | Reliability | Connection | Health | Forgiveness Security |  
Achievement | Creativity | Service | Peace

Other important values: \_\_\_\_\_

### What I'd Do Differently

In specific situations, how would you approach things differently now?

**Situation 1:** \_\_\_\_\_

**I**New approach: \_\_\_\_\_  
\_\_\_\_\_

**Situation 2:** \_\_\_\_\_

**I**New approach: \_\_\_\_\_

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 **Situation 3:** \_\_\_\_\_

**I** **New approach:** \_\_\_\_\_  
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**Growth Goals**

What specific goals would help you make the most of your second chance?

**Short-term goal** (next 30 days):

**I** \_\_\_\_\_

**First step:** \_\_\_\_\_

**Medium-term goal** (3-6 months):

**I** \_\_\_\_\_

**First step:** \_\_\_\_\_

**Long-term goal** (1 year+):

**I** \_\_\_\_\_

**First step:** \_\_\_\_\_

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# PART 5: PRACTICAL STRATEGIES

**Instructions:** Develop specific strategies to support your second chance success.

## Trigger Awareness Plan

Identify potential triggers that could challenge your progress:

**Trigger 1:** \_\_\_\_\_

**Warning signs:** \_\_\_\_\_

**Response plan:** \_\_\_\_\_

\_\_\_\_\_

**Trigger 2:** \_\_\_\_\_

**Warning signs:** \_\_\_\_\_

**Response plan:** \_\_\_\_\_

\_\_\_\_\_

**Trigger 3:** \_\_\_\_\_

**Warning signs:** \_\_\_\_\_

**Response plan:** \_\_\_\_\_

\_\_\_\_\_

## Daily Success Practices

Choose 3-5 daily practices that will support your second chance:

- Morning reflection or planning
  - Regular check-ins with supporters
  - Physical activity or exercise
  - Journaling or writing
  - Meditation or prayer
  - Reading inspirational material
  - Evening review of progress
  - Practicing gratitude
  - Specific skill development: \_\_\_\_\_
  - Other: \_\_\_\_\_
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## **PART 6: STAYING THE COURSE**

**Instructions:** Create your plan for maintaining momentum and handling setbacks.

### **Accountability Structure**

Who can help hold you accountable in positive, supportive ways?

**Person 1:** \_\_\_\_\_

How they'll support me: \_\_\_\_\_

How often we'll check in: \_\_\_\_\_

**Person 2:** \_\_\_\_\_

IHow they'll support me: \_\_\_\_\_

How often we'll check in: \_\_\_\_\_

### **Handling Setbacks**

How will you respond if you experience a setback?

I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How will you get back on track?

I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Celebrating Progress**

How will you acknowledge and celebrate your progress along the way?

I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## PART 7: MY SECOND CHANCE COMMITMENT

**Instructions:** Write a personal commitment statement about your second chance journey.

I, \_\_\_\_\_, commit to making the most of this second chance by:

I \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will remember that change takes time, setbacks are part of the process, and every day offers new opportunities to choose differently.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## REMINDERS ABOUT SECOND CHANCES

- Second chances are not about perfection but about progress
  - Every day offers new opportunities to make different choices
  - Your past does not determine your future
  - Support and accountability work together to create change
  - Small, consistent actions build lasting transformation
  - Your journey can eventually help others seeking their own second chances
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