



“WITH SOBRIETY ANYTHING IS POSSIBLE”

SOBRIETY CONTRACT

I _____ am committing myself to a lifestyle of sobriety, physical and mental health, positive self-esteem and an overall productive way of living. My start date _____, with no end date. My sobriety date is _____.

I agree to attend the **Racing for Recovery** support group meetings, call someone in recovery each day, read information on recovery and refrain from using alcohol, drugs or any other mind altering chemicals which will destroy my quality of life.

By committing myself to this contract, in return I can expect my life to improve in the following ways.

1. Physically, Mentally, Spiritually and Financially
2. I will achieve anything I pursue, such as employment, education and healthy relationships.
3. I will be committed to the **Racing for Recovery** mission and helping others through my experiences.
4. I can expect support and encouragement for my sobriety through my family, friends, **Racing for Recovery** and my community.
5. Because I have made this commitment to myself, I can expect to be viewed as a role model and in turn help others achieve this same commitment and positive lifestyle

By signing this contract you are now committing yourself to a new lifestyle and you and only you can prevent yourself from attaining this new way of life. **Racing for Recovery** will be committed to you, if you are committed to yourself. **Racing for Recovery** has a network of recovering addicts, abstainers, athletes, teachers, health care practitioners, students and parents who all believe in the **Racing for Recovery** mission. You are now a part of this network, and if you need assistance or guidance, please be open.

Your Signature & Date

Racing for Recovery Representative Signature & Date