



## Making Healthy Self-Investments

Whether you are conscious of it or not, just about every day of your life you invest your time, energy and money into one thing or another.

➤ **Invest** - to use, give, or devote (time, talent, etc.), as for a purpose or to achieve something

The goal of an investment is to gain something. However investments also have a cost. Obviously when an investment is good and worthwhile the gains outweigh the cost, or more simply put: ***You get more out of it than you put into it***

To understand better complete the following activity about “Self-Investments”

### Common Investments We Choose to Make for Ourselves:

**Place an X next to each of the following areas where you invested extra time, money, energy or other resources for self-improvement (This could be in your past or present) –**

- Education** - Taking extra time, money and energy to further your education to better your situation
- Relationships** – Using your resources to build a successful long term relationship or marriage
- Children** – Investing the time, money and energy to raise one or more children in an effort to make your life more rewarding
- Career** – Giving up other things in life in order to further your career in a field that is either lucrative or something you love to do, or both
- Talents/Skills** – Using your resources to further an area that you may be talented in such as music, art, or athletics with the goal of attaining some level of recognition or success
- Travel** – Using what you have in order to see different parts of the world
- Hobbies and Recreation** – Putting time and money to expand your involvement in an area of personal interest such as collecting something, following or playing sports or some other form of interest or amusement: Fishing, biking, skiing, camping, video games
- Business** – Investing in your own idea or skill in an effort to make money and build clientele

**Discuss your areas of self-investment as a group – Which did you check above? For each one you checked above discuss the following**

- **Is this something you invested in the past or currently?**
- **Are you getting a return on your investment? (Is it or was it worth it to you? What are/were the gains?)**

***An investment in knowledge pays the best interest. - Benjamin Franklin***



Now try to be as honest and open and possible and consider one more important area:

**Substance use:** *Getting drunk or high, partying, etc.*

**Discuss each of the following:** What has your substance use cost you in terms of:

- **Money** – How much would you estimate you have spent in your life getting high up to this point?
- **Consequences** – Most likely if you are doing this exercise in a treatment program, you have had some consequences:
  - **Arrests** – How many have you had because of your substance use? (directly or indirectly)
  - **Fines and Lawyers** – How much have you or your family had to shell out to pay fines and lawyer fees?
  - **Hurt relationships** – How many people are disappointed in you or don't trust you because of your use? (Parents, siblings, girlfriend/boyfriend)
  - **Loss of Freedom** – Incarceration, loss of driver's license, mandated treatment programs, etc. – Have you experienced any of these?
- **Missed Opportunities** – Be honest, are there things you may have advanced further in if you spent less time getting high and more time and energy on goals (Such as education, employment or career goals, or other aspirations for success)
- **Loss of Health** – Being honest, has getting high affected your health at all, even if just a little? (For example "Now that I get high so often I can't run as far without running out of breath)
- **Mental Capacity** – Do you feel "burnt out", slower or have you experienced memory loss or poor concentration because getting high has had an impact over time?
- **Other** – Any other areas not mentioned yet where your use cost you something?

**For final thought** – You don't have to answer this now but spend some time thinking about your substance use from the standpoint of: *Has it been worth the investment of your time, money, energy and other resources?*

**For final discussion** - *Instead of directing your resources toward getting high, what other more positive goals could you invest your time, money, energy and focus on in order to really improve your life?*

**"At the end of the day, if you're wasting your time by not investing in yourself, you're going to waste away—and that would be the greatest waste of all."**

– Richie Norton