

## Five Questions Exercise

If your goal is to quit smoking weed, it is essential to be able to identify the difference between

1. What you are currently doing (or *not* doing); and
2. What you **could** be doing to achieve your goal(s).

This worksheet is designed to help you add context to these perspectives and to help you make it clear in your mind what you **could** be doing with your time.

The first step is to answer the following three questions:

**1. What are my plans and goals for my future?**

**2. What am I currently doing to achieve those goals?**

**3. How do I feel about my progress towards those goals?**

For me, when I was in the depth of my marijuana addiction, my answers would have been:

1. I plan to have a successful career and be present and loving towards my friends and family.
2. Nothing, because I am smoking weed and playing video games all day.
3. I feel guilty and ashamed that I'm not reaching my full potential.

By looking at the discrepancy between what your plans are, what you're currently doing, and how you're doing is making you feel, it may quickly become apparent that **something** needs to change. Ideally, this knowledge will motivate such change. And that leads to the final two questions:

**4. What am I going to do differently to achieve my goals and the future I deserve and desire?**

**5. How will making these changes make me feel?**

- Michael Griffin, LeaveWeed.org