

# Your Life Plan

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## Life Plan and Goals for Next Year

**1. Relationships:** For your relationships write out the vision that you would like to have of yourself a year after leaving Clear Haven Center i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

**My Vision:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Compelling reasons I want to achieve my vision and goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal 1:** \_\_\_\_\_ **Date to be achieved:** \_\_\_\_\_

Goal 1 Tasks and date to be completed

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Goal 2:** \_\_\_\_\_ **Date to be achieved:** \_\_\_\_\_

Goal 2 Tasks and date to be completed

- 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
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## 2. Work/school:

For your work/school life write out the vision that you would like to have of yourself a year after leaving Clear Haven Center i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

### My Vision:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Compelling reasons I want to achieve my vision and goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal 1:** \_\_\_\_\_ **Date to be achieved:** \_\_\_\_\_

Goal 1 Tasks and date to be completed

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Goal 2:** \_\_\_\_\_ **Date to be achieved:** \_\_\_\_\_

Goal 2 Tasks and date to be completed

- 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
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## 3. Home/community:

For your home/community write out the vision that you would like to have of yourself a year after leaving Clear Haven Center i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

### My Vision:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Compelling reasons I want to achieve my vision and goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal 1:** \_\_\_\_\_ **Date to be achieved:** \_\_\_\_\_

Goal 1 Tasks and date to be completed

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Goal 2:** \_\_\_\_\_ **Date to be achieved:** \_\_\_\_\_

Goal 2 Tasks and date to be completed

- 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
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## 4. Physical health/Mental health:

For your physical health/mental health write out the vision that you would like to have of yourself a year after leaving Clear Haven Center i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

### My Vision:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Compelling reasons I want to achieve my vision and goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal 1:** \_\_\_\_\_ **Date to be achieved:** \_\_\_\_\_

Goal 1 Tasks and date to be completed

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Goal 2:** \_\_\_\_\_ **Date to be achieved:** \_\_\_\_\_

Goal 2 Tasks and date to be completed

- 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
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## 5. Communication:

For your communication skills write out the vision that you would like to have of yourself a year after leaving Clear Haven Center i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

### My Vision:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Compelling reasons I want to achieve my vision and goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Goal 1:

### Date to be achieved:

Goal 1 Tasks and date to be completed

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

### Goal 2:

### Date to be achieved:

Goal 2 Tasks and date to be completed

- 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
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