

1 Week  1 Month  3 Months  6 Month  Other \_\_\_\_\_ (Tick appropriate time frame)

Dates from: 14/08/2013  
to: 14/11/2014

EXAMPLE

## EXAMPLE SHORT-TERM GOAL AND VISION BOARD

- Visiting my parents weekly/fortnightly
- Increased honesty with my partner with where I am really at and allow him to support me sometimes rather than pushing him away.
- Make an effort to push the boundaries of my comfort zone in regards to physical contact with my partner.
- Visiting my nieces and nephew at least once a fortnight.

Continue to meet with my recovery group on a fortnightly basis.

Steer clear of numbers and calorie counting

- RAVES – maintain regularity and adequacy in meal completion; introduce variety into my dinner by adding a protein every night with it being red meat 2-3 times a week.
- Continue to put measures in place to have 1 meal a day with someone.
- Menu planning – convert my meal plan into a weekly menu by myself, and from this, generate a shopping list and do my grocery shopping unaided.

Improvements in the areas of self care, perfectionism, black-or-white thinking, assertive communication, boundaries, self-esteem, and self-efficacy

Continue making the decision to eat, even when I don't feel like it and my thoughts are going crazy, trusting that eventually, my thoughts and feelings will change.

Set aside a minimum of 3hrs/week to socialise and enjoy time with friends.

Taking my medications and supplements and letting food be my medicine and medicine be my food.

- Continue to work through the underlying issues with my case manager/psychologist and with my therapist.
- Increase the time I spend journaling, processing, and praying.

- Continue working on the Recovery Resources Projects and have a draft of the No Numbers Nutrition project completed
- Learn how to create a website

- Complete my current winter season of netball and to commence summer
- Gradually reintroduce a walk/jog twice a week on top of my netball training.

- Developing a repertoire of coping strategies to deal with emotions and challenges in life without resorting to restricting or eating disordered behaviours
- Able to identify and express a wide range of emotions in a healthy manner

When I look in the mirror, say to myself: 'Today I am going to take care of you, nurture and nourish you, and love you', rather than criticise and judge every part of my appearance.

Sarah-Louise McKenzie

Yeaaaah

CREATED BY SARAH - LOUISE MCKENZIE

Examples of Categories: RAVES (eating Regularly, Adequately, Variety, Eating Socially, and Spontaneity); Grocery Shopping and Preparing Meals; Relationships, Family, Social, Recovery, Physical Activity, Body Image, Study, Work, Health, Values, Personal Growth, Spiritual, Creative Expression, Community Service.