

Intermediate Goal & Vision Board

☐ 6 MONTH
 ☐ 12 MONTH
 ☒ 18 MONTH
 ☐ 2 Years
 ☐ OTHER



Health

- *Reduction in the number of outpatient appointments
- *Finding my natural healthy weight/size/shape and maintaining it
- *Evidence of improved and restored health properties, not reducing every food item to a number.

Personal Growth

- *Developing a repertoire of coping strategies to deal with emotions and challenges in life without resorting to restricting or ed behaviours
- *Identify and express emotions in a healthy manner
- *Improvements in self-care, perfectionism, boundaries, self-esteem, and self-efficacy

Community Service

- *Volunteering at Isis
- *Advocacy and awareness
- *Participating as a mentor in the Isis mentoring program

Proposed Dates:

15/08/2013

- 15/01/2015

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