

# LONG-TERM SAMPLE

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## Relationships/Family

- Have my own family
- Regularly visiting my parents, siblings and extended family
- Able to enjoy physical and emotional intimacy with my husband
- Setting aside one night a week for date night with my husband

## Health

- Reached and maintained my natural body shape/size/weight and content with this
- Blood results are stable within the normal ranges
- Limited ramifications from ED history
- Hormone levels are appropriate for my age and stage in life

## Study/Work

- Being a full-time mum
- Mentoring others wanting to recover from an ED
- Somehow using my experience, knowledge, and journey to educate others
- Studying part-time in a degree/course that better prepares and qualifies me for the future.

1 year  18 Months  2 years  5 years  Other \_\_\_\_\_ (Tick appropriate time frame)

Proposed Dates: 15/08/2013 - 15/08/2018

## Values

- Authenticity
- Vulnerability
- Strength
- Integrity
- Relationships
- Commitment
- Courage
- Warm and Inviting
- Approachable
- Self-determination



## Personal Growth

- Utilising alternative coping strategies to eating disordered behaviours.
- Improvements in self-care, perfectionism, black/white thinking, self-esteem and efficacy, assertive communication, and boundaries.



## Social

- Identification and expression of emotions in a healthy manner.
- A great network of close authentic friendships
- Enjoying Netball and exercise and building relationships with my teammates
- Saying 'Yes' to invitations rather than turning them down because they involve food
- Develop social skills – not just giving, but being able to receive.



## Spiritual

- Closer relationship with God, being aware of his presence in good times and really damn horribly hard times.
- Allowing my relationship with God to impact my daily decision making and path (e.g. let love be at the centre of all I say, think and do).



## Creative Expression

- ~Sort through all my photos and digitalise them, making albums and scrapbooks.
- ~Do a scrapbook for my wedding and each of my children
- ~Compile and organise my journals
- ~Set up a craft studio

## Recovery

- Accept my body size and shape
- Healthy perspectives on food
- Who I am is more important than what I weigh
- Health is more important than a number.

## Community Service

- ~Advocacy and Education regarding ED's
- ~Creating recovery resources
- ~Volunteering (with Isis/EDA/ Butterfly Foundation etc) and helping with the school's prevention and peer leadership programs.

## Goal and Vision Board

Created by Sarah-Louise McKenzie