

LONG-TERM

Proposed Dates: ____/____/____ - ____/____/____

Name:.....
Date:.....

Relationships/Family

[Yellow sticky note area for Relationships/Family]

Health

[Yellow sticky note area for Health]

Study/Work

[Yellow sticky note area for Study/Work]

- 1 year
 - 18 Months
 - 2 years
 - 5 years
 - Other _____
- (Tick appropriate time frame)

Values

Personal Growth

Social

Spiritual

Creative Expression

[Red textured area for Creative Expression]

Recovery

[Red textured area for Recovery]

Community Service

[Red textured area for Community Service]