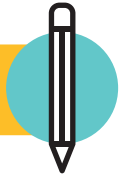


Planning for a Positive Future Planning Sheet



Having hopes, aspirations and dreams are essential to mental health wellbeing. If we want to achieve our goals, we need to do more than just imagine, although that is a good place to start.

1. Write down your goal.

If our goal is to pass a test, then we might need a back-up plan in case we fail, so that this won't stop us. If our goal is more subtle or complicated, like 'being more confident' we might need detail.

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2. Write down how you will know you have reached your goal

Put in as much detail as you can. Talk it over with people, think about it. Then think about all the things you need to do to reach your goal. Write down everything, large or small.

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3. Write down all the steps you need to take to reach your goal

Work out exactly what you need to do for each step. You can put them in order later, sometimes it's easier to work backwards.

Sometimes it helps if you treat each step as a goal, and put it in a table with an end date.

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4. Make a time for each step.

Write down when you will have achieved this step. Sometimes you have to write 'ongoing' for things you have to do every day.

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