

## My Life Plan II (sample)

<u>VALUES</u>	<u>GOALS</u>	
<u>ACTIONS</u>		
Your personal life directions: achieve health, family, work, friends friends, career, fun/recreation	Things you want to achieve in the short-term that are consistent with your values.	Specific steps to your goals
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1) Self-care week	a) Spend time outside  b) Practice mindfulness	a) Go to the park 1x  b) Pause--deep
breath 3 x day		
2) Fun / recreation minutes/week	a) Learn to play guitar	a) Practice 20  b) Sign
up for online lessons		
3) Social connections together	a) Grow friendships	a) Ask a friend to get  1 x
week (walk, coffee, eat)		
Hi		b) Text a friend 1 x week say  c) Say hi to a new person at  yoga
class or at work		

