

# Personal planning guide:

Step One:

Needs and Wants

**What do I want to get out of life?**

More of

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Less of

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New Experiences of

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**What would I like to be doing in 10 years?**

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**What would I like to be doing in 20 years?**

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**What would I like to be doing in 30 years?**

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Step Two:  
Goal Setting

For my health I'd like to...

To feel love and belonging I'd like to...

With family I'd like to...

With friends I'd like to...

For physical activity I'd like to...

For leisure and interests I'd like to ...

For creativity I'd like to...

For my spiritual health I'd like to...

In my community I'd like to....

For work activity I'd like to...

For finances I'd like to...

To enjoy my environment I'd like to...

For my home I'd like to...

Step Three: Key Steps  
Goal 1

Key steps  
when?

By

Possible barriers

Resources

Goal 2

Key steps  
when?

By

Possible barriers

Resources

Goal 3

Key steps  
when?

By

Possible barriers

Resources