“Write your dreams in stone
& write your plans in sand.”
Quadrant map

- People / Relationships
- Activities / Projects
- Situations
- Work / Financial

Circle key priorities
My Life Plan

- **Things to let go**
  - When? 6 mo, 1 yr, 5 yrs,
  - Define Success
  - Investment needed
  - What I want in my Life

- **Action Items/strategies (maximum 5)**
  - When?
  - Define Success
  - Investment needed
  - What I want in my Life

- **Design My Future**
  - Employment/Financial
  - Friends/Social Life
  - Housing
  - Family
My future

Imagine, remember or design a calm place, full of potential...

where you are actually living your life dream.

Try to capture this in words or (more evocative) images.
Budgeting: a dynamic and continuous process.
- Identify current income and expenses
- Calculate totals
- Identify strategies/action items
- Based on strategies, project desired income and expenses
- Over time, highlight trends, create new strategies
- Calculate totals and measure your success
- Create priorities for next phase
“To Our Health! helped me understand it’s about empowering myself and doing what’s right for me, so I can be happy and healthy.”
Quadrant map

Issues / Challenges  ►  Opportunities / Fulfillment

External

Internal

Passion

Friends

Depression

Anxiety

Self esteem

To Our Health!
Life Planning Made-Easier ©
### My Life Plan

<table>
<thead>
<tr>
<th>Things to Let Go</th>
<th>6 months</th>
<th>1 year</th>
<th>5 years</th>
<th>Define Success</th>
<th>Investment Needed</th>
<th>What I Want in My Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self Sabotage</td>
<td>✡️</td>
<td>✡️</td>
<td>✡️</td>
<td>No longer hurting self</td>
<td>Positive Thoughts</td>
<td>Success &amp; happiness</td>
</tr>
<tr>
<td>Positivity</td>
<td>✡️</td>
<td>✡️</td>
<td>✡️</td>
<td>Seeing the positive in life</td>
<td>Optimism</td>
<td>Positivity</td>
</tr>
<tr>
<td>Low Self Esteem</td>
<td>✡️</td>
<td>✡️</td>
<td>✡️</td>
<td>Feeling comfortable in my own skin</td>
<td></td>
<td>Healthy Self Image</td>
</tr>
</tbody>
</table>

#### Action Items

- **Writing**
- **Taking Out of Relationships**

<table>
<thead>
<tr>
<th>Design My Future</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment / Financial</td>
</tr>
<tr>
<td><strong>Good Job</strong></td>
</tr>
<tr>
<td><strong>Stable Income</strong></td>
</tr>
</tbody>
</table>

| Friends / Social Life                   |
| **Sober Friends**                       | ✡️       | ✡️     | ✡️      | Supportive People                                                              | Positive Relationships & love & lasting relationships         |
| **Loving Relationships**                | ✡️       | ✡️     | ✡️      | Drug & alcohol                                                                  |                                                              |

| Housing                                 |
| **Own Home**                            | ✡️       | ✡️     | ✡️      | Living in new place & owning home                                              | Financial Stability & Dream home                             |
| **Save money & Fix debt & history**     | ✡️       | ✡️     | ✡️      |                                                              |

| Family                                  |
| **Loving Relationships**                | ✡️       | ✡️     | ✡️      | Close, loving & wonderful                                                       | Time & effort & patience                                     |
| **Positive People who are supportive** | ✡️       | ✡️     | ✡️      |                                                              |
My future

Imagine, remember or design a place where you are: calm, fulfilled and open to possibility.
## My Life Plan

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</tr>
</thead>
<tbody>
<tr>
<td>Drugs</td>
<td>82 Days</td>
<td>Never</td>
<td>Any</td>
<td>Stay Strong &amp; Stay Sober</td>
<td>Change My Behaviors</td>
<td>Want to stop doing harmful things, stay clean, get a job</td>
</tr>
<tr>
<td>Jail</td>
<td>Never Again</td>
<td>Never Again</td>
<td>Any</td>
<td>Stop Cheating, Stealing, etc.</td>
<td>Get a Job, &amp; Make Good in My Life</td>
<td>Get a Job, Live a Good Life, &amp; Make Money</td>
</tr>
<tr>
<td>Legal issues</td>
<td>Taking Care</td>
<td>Taking Care</td>
<td>Any</td>
<td>Stop drinking alcohol &amp; illegal things</td>
<td>Stop doing illegal things, get a job</td>
<td>Get a Job, Live a Good Life, &amp; Make Money</td>
</tr>
</tbody>
</table>

### Action Items

| New Jobs | Never Again | Yes | Any | Find a Job & Make Good in My Life | Get a Job & Live a Good Life | Make Money and Start a New Life |
| Tennessee w/ Jake | As Soon As Possible | As Soon As Possible | Any | Get a New Life & membrane | Start Over | Move to Tennessee |

### Design My Future

- **Employment / Financial**

- **Friends / Social Life**

- **Housing**

- **Family**

---

To Our Health! Life Planning Mini-Resoduction
# My Life Plan

<table>
<thead>
<tr>
<th>Things to let go</th>
<th>6 months</th>
<th>1 year</th>
<th>5 years</th>
<th>Define Success</th>
<th>Investment Needed</th>
<th>What I Want in My Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crack cocaine</td>
<td>Now</td>
<td>Now</td>
<td></td>
<td>Good</td>
<td>Never</td>
<td>Be sober</td>
</tr>
<tr>
<td>Jail</td>
<td></td>
<td></td>
<td></td>
<td>Good about myself</td>
<td></td>
<td>Let go of trouble</td>
</tr>
<tr>
<td>Victor</td>
<td></td>
<td></td>
<td></td>
<td>Super happy, new life</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Action Items</td>
<td>Friends</td>
<td>Now</td>
<td></td>
<td>Good, excited</td>
<td>Good and sober friends</td>
<td></td>
</tr>
<tr>
<td>Home</td>
<td></td>
<td></td>
<td></td>
<td>Happy</td>
<td>Happy and make my own New and happy Home</td>
<td></td>
</tr>
</tbody>
</table>

## Design My Future

<table>
<thead>
<tr>
<th>Employment / Financial</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Working in store</td>
<td>✔️</td>
<td></td>
<td></td>
<td>Good / self-esteem / proud</td>
<td></td>
<td>Have financial happiness</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friends / Social Life</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Don’t want any</td>
<td></td>
<td></td>
<td></td>
<td>Happy with</td>
<td></td>
<td>Family just family</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Housing</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Family</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Joshua</td>
<td></td>
<td></td>
<td></td>
<td>Happy / satisfied</td>
<td></td>
<td>Family love</td>
</tr>
<tr>
<td>Kids (sobriety)</td>
<td></td>
<td></td>
<td></td>
<td>Real happiness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>spouse / partner / dad</td>
<td></td>
<td></td>
<td></td>
<td>Excited, happy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**To Our Health**

Life Planning Mini-Retreat
# My Life Plan

## Things to let go

<table>
<thead>
<tr>
<th></th>
<th>6 months</th>
<th>1 year</th>
<th>5 years</th>
<th>Define Success</th>
<th>Investment Needed</th>
<th>What I Want in My Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drugs</td>
<td>NOW</td>
<td></td>
<td></td>
<td>Healthy</td>
<td>Eat &amp; workout properly</td>
<td>I want to be happy, healthy &amp; be living a life where I am clean &amp; sober.</td>
</tr>
<tr>
<td>Old Friends</td>
<td>NOW</td>
<td>x</td>
<td></td>
<td>Sober Friends</td>
<td>Meetings, Service</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>x</td>
<td></td>
<td></td>
<td>Happy</td>
<td>Stay positive</td>
<td></td>
</tr>
<tr>
<td>Stress</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Action Items

- Recovery
- Church
- Family

## Design My Future

### Employment / Financial

- Job [x] Holding a job

### Friends / Social Life

- Sponsor [x]
- Support people Now (Owen)
- The Haven Now
- Housing my own place [x]

### Family

- Husband Now
- Dad Now
- Aunt Now

---

To Our Health!
Life Planning Mini- Retreat
# My Life Plan

## Things to Let Go

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<th>1 year</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Alcohol/Drugs</td>
<td>now</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-Harm</td>
<td>now/x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ED</td>
<td>x/now</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-hate</td>
<td>x/now</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Define Success

<table>
<thead>
<tr>
<th>Define Success</th>
<th>Investment Needed</th>
<th>What I Want in My Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clarity, healthy, proud</td>
<td>Sacrifice, reaching out, meeting, simplicity</td>
<td>Acceptance, self respect, love, self respect, strength, therapy</td>
</tr>
<tr>
<td>Self respect, love</td>
<td>Energy, reaching out, seeking help, mindfulness</td>
<td>Love, goals, accomplishment, positivity, goals, sponsor, support</td>
</tr>
</tbody>
</table>

## Action Items

<table>
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<tr>
<th>Action Items</th>
<th>6 months</th>
<th>1 year</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Forgive myself</td>
<td>now/x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Build trust</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recovery</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Job, volunteer, school</td>
<td>x</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Design My Future

### Employment / Financial

- 

### Friends / Social Life

- 

### Housing

- 

### Family

-
Quadrant map

Issues / Challenges  |  Opportunities / Fulfillment

External

Friends, Baby, Dad, Mum
Getting High, DCS
Addiction
Drugs

Internal

Letting Go
My Boss
My Mum
Hostessing
Nana

Dad, Step Mum
Mia
Recovery, Treatment
Having My Daughter
Shopping

Staying Sober, Reading
DCS
Farma, My Daughter

To Our Health
Life Planning Mini-Retreat
# My Life Plan

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<tbody>
<tr>
<td>Heroin</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jonathan</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Action Items

**Stay in Treatment**
- I have a situation to plan to deal w/Jonathan
- ✔️

- Find times and places
  - go meeting and attend
  - 4 times a week
  - Making a plan with my dad

**Being a Single Parent**

- Stay sober and continue my recovery plan

### Design My Future

#### Employment / Financial

- Social worker
- ✔️

- Liking my job, helping others, making enough to support my family

### Friends / Social Life

- Mariaela

- Continuing our friendship

### Housing

- House in Jackson Hole
- ✔️

- Living in a nice house with my family

### Family

- Mom, Dad, Stepnum, Brothers

- Having a good trusting relationship with them. Be a good mum

- Stay in Recovery

- To have my whole family with me.
Quadrant map

Issues / Challenges ↔ Opportunities / Fulfillment

People / Relationships
Activities / Situations
Work / Financial

External
Internal

Russell, Mark: Volleyball, Russell
John, Jovi: Situations

Amaya, Mom; Chris, Dad; Joe, Isaac, Kids

Stella, Kimberly: Keep Stella alive
Grandfather: Keep Grandfather alive
Learn from Kimber: Mistakes
Remember how much he loved me

Focus on higher power
Growing internally
Be more forgiving
Beautiful
Loving Me: Relationship
Treatment

Cooking, Laughing, Learning, Growing

To Our Health!
Life Planning Mini-Retreat
Quadrant map

Issues / Challenges ← → Opportunities / Fulfillment

- Staying sober
- Stability
- Hate
- Work
- Take action
- Addiction
- Old friends
- Homeless
- Triggers
- Depression
- Negative thoughts
- Withdrawal
- Staying in control
- Drugs
- Staying motivated
- Recovery

- Jamie Lee Loya

- Getting a home
- Church
- Brothers
- Transitional
- Stephanie
- Dad
- Mom
- Single mom
- Cope
- Boyfriend
- Sarah
- Spending time with
- Family
- Meetings
- Sobriety
- Happiness
- Stability
“To Our Health! helped me understand it's about empowering myself and doing what's right for me, so I can be happy and healthy.”