



Life Development Plan

Name: _____

Date: _____

Core Values:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

If you could meet yourself in five years, who would you want to meet?

Key Focus Areas:

- Education & Career
- Family
- Self-Management
- Leisure & Community

Notes, Comments, Concerns:



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Goals that build up to the vision for my life:	Why is this a goal? What need is being met? What do I want to see, feel, or experience?	What strengths and supports do I have that will help me meet this goal?	What action steps will I take to work toward this goal? How often will I work on the action step?	Who is responsible for the action steps?	What is a realistic deadline for each action step?	Follow up since the goal was initialized?



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