

My Plan for My Future Self

My future self		
My plans for the future	Short term (over the next few weeks and months)	Long term (over 12 months and longer)
Education and/or work		
Family and social life		
Things on My 'Bucket List' I need to prepare for		
Personal e.g. activities I'd like to try that I may find fun and pleasurable		
Other e.g. health, fitness and self-care		