

LIFE AREAS

Instructions: This picture identifies areas of our life where we commonly set goals. Some of these areas might be more meaningful to you than others, or you might have important goals in several areas. It's all up to you!



*This is about what matters to **YOU** — here's some things to think about if you get stuck.*

Would I like to focus on?

- **Health and Wellness:** Exercise more, eat healthier, drink more water, address a mental health, health or substance use issue
- **Legal issues:** Resolve some legal issues (pay fines, get a record expunged)
- **Safety:** Move to a safer neighborhood or leave a dangerous living situation
- **Stress:** Learn how to manage stress better or resolve a crisis
- **Financial:** Get out of debt; save money for a special outing; save to buy a car or house
- **Child Well-being, Care & Parenting:** Improve my parenting skills, spend more time with my kids, find better childcare
- **Education & Employment:** Finish high school, get a GED, get training for a specific skill, go to college, find a stable job, find a higher-paying job with more hours, start a business
- **Family, Friends & Relationships:** Spend more time with friends and family, find new friends with a positive outlook
- **Food, clothing & Shelter:** Find housing, find cheaper housing, find housing in a better neighborhood, find ways to make my SNAP benefits last longer, buy some new clothes for me and my kids.