Framing A Future

By:

Thank you for joining me!

- I would like to present what I learned about myself while working with the *Framing a Future* tool.

- First, I will outline my Top # (insert number) list of things that are important to me.

- Then we will look at some more info and do some brainstorming and planning.
# (start with the highest number priority and work backward so that the item that is of most importance is shared last)

Example: # 7. Make or do things with my hands/ Create art.

- Insert image - see example below
Setting Priorities

Here is some more information about the things that are very important to me.

- Some of them I am satisfied with.
- Some of them I would like to improve.
- I will tell you about both, and then I would like to discuss some options for moving forward.

Things that are very important to me.
I am happy with how these things are going!
So, please help me make sure they continue to be a part of my life.

- Insert item that is very important and they are satisfied with.
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Things that are very important to me.
But I want these areas to be different.
So, please help me find ways to make improvements.

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Discussion & Planning

Here is where I’d like for you to help me:

- Look at the things that might be getting in the way of my goals and...
- Identify opportunities to work toward my goals
- Let’s look at one area at a time...
## Priority:

<table>
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<th>Barriers/What gets in the way</th>
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## Resources:
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### Resources:

- I know I can reach my goals with the right support!
- I appreciate your help!!!
- Let’s check in on our plan soon!

**Thank You!!!**