

# Framing A Future

*(insert own title)*

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



# *(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

## 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.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*



Things that are very important to me.  
But I want these areas to be different.  
So, please help me find ways to make improvements.



- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*
- *Insert item that is very important and they are satisfied with.*



## 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:	
Barriers/ What gets in the way	Making Opportunities
	
Resources:	

Priority:	
Barriers/ What gets in the way	Making Opportunities
	
Resources:	

Priority:	
Barriers/ What gets in the way	Making Opportunities
	
Resources:	

Priority:	
Barriers/ What gets in the way	Making Opportunities
	
Resources:	

Priority:	
Barriers/ What gets in the way	Making Opportunities
Resources:	

**Thank You!!!**

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