Good Life Plan

A Good Life Plan
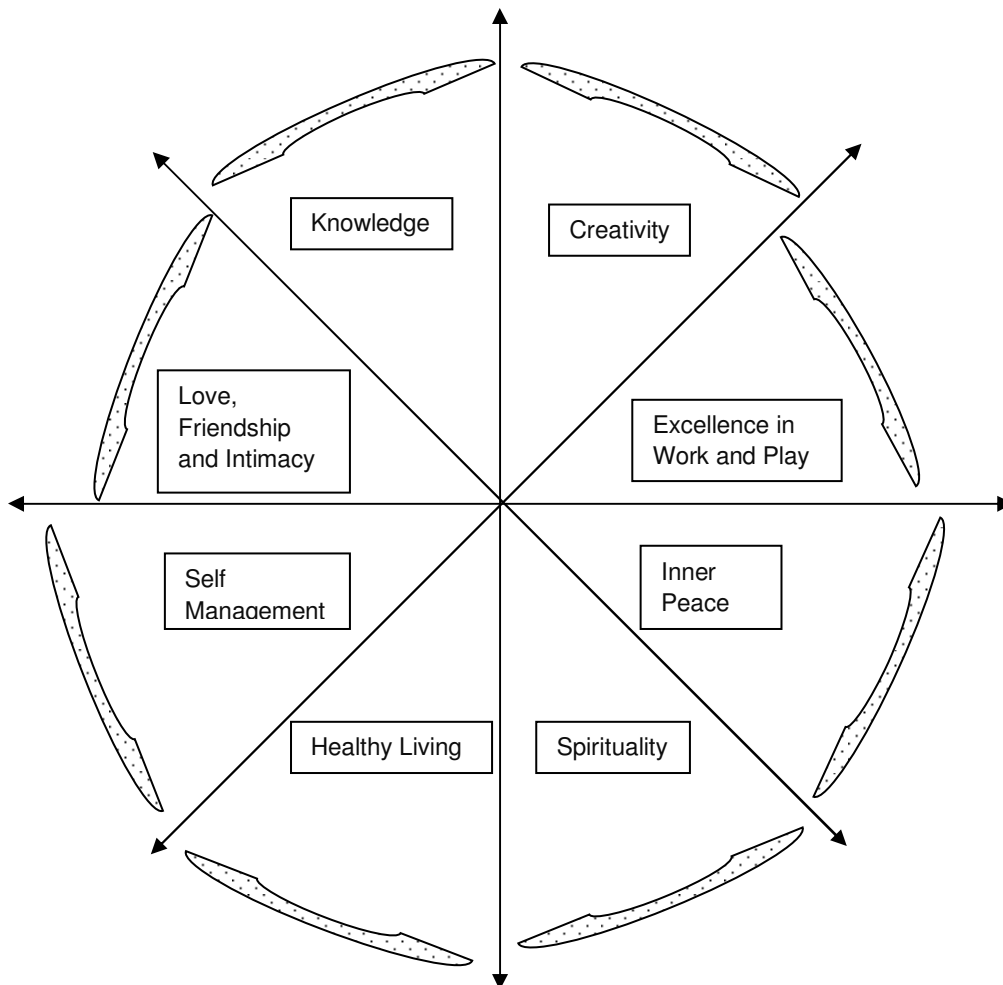
(Goods, Obstacles, Review Questions)

Name:

Date:

Goods

End of programme: Goods achieved, Goods outstanding, action plan for future work on Goods including what aimed for and how to be achieved (step-by-step). See review questions over.

Wheel of Life

(How I see myself now)

Knowledge	Creativity
Love, Friendship and Intimacy	Excellence in Work and Play
Self Management	Inner Peace
Healthy Living	Spirituality

Creativity
This is about making and creating new things. This could be in terms of making things practically, new thinking or creating in the abstract such as music or poetry

This period of my life has enabled me to refocus on how I wish to use this to achieve a basic aim of an individual's l life; the achieving of a meaningful quality of life.

As mentioned in other documents I have aimed to learn new "interaction and employment skills" thus not only improving and expanding on those I had previously deemed to be sufficient; but to also present a more desirable individual to others be that in a relationship or employment.

Appreciating the concept of "creativity" is continual I will always enjoy

Healthy Living
This is about the way one lives their life, including exercise, dieting etc

Excellence in work and play
This is having at least one area in work or play that you are excellent in, i.e. have mastery over

Self-Management
This is about having management over oneself and one's life. Being able to self govern and direct.

Love, Friendship and intimacy
This relates to having intimate relationships with family, friends and partner

Knowledge
This can be knowledge gained from books and education, or specialist knowledge about specific areas, but also from experiences in life.

Inner Peace
Relates to being at peace and comfortable with oneself. Being free from inner turmoil

Spirituality
This is about finding a sense or meaning in life and feeling part of something. It does not have to be about religion, but can be.

Obstacles
What obstacles got in the way of you achieving goods in the past?
(this could include things like Risk factors (behaviours / thinking / feelings / mood states) and problems you have encountered)