

Targeted Futures Priority Checklist

Think about how important each area is to you right now. Circle the level of importance for each area of concern. Then think about which area or areas you would like to target first. Make that area priority number 1. Then number each of the other areas in the order in which you would like to tackle them.

Life Dimension	Level of Importance	Priority
<u>Being Safe</u> (Staying out of trouble, not breaking the law, not being around people who break the law, not being hurt, not hurting other people.)	Extremely Important - 4 Very Important - 3 Important - 2 Not Very Important - 1 Not Important - 0	
<u>Living</u> (Having a place to live, getting along, enjoying being together with the other people I live with, doing my part to keep things clean and organized.)	Extremely Important - 4 Very Important - 3 Important - 2 Not Very Important - 1 Not Important - 0	
<u>Learning</u> (Gaining the knowledge, skills and insights that will help me continue my education and/or prepare for work, do well in my job, and do better in social situations.)	Extremely Important - 4 Very Important - 3 Important - 2 Not Very Important - 1 Not Important - 0	
<u>Work</u> (Having a good job and feeling like I am doing that job well, feeling like my co-workers can depend on me, keeping that job unless I find a better one to move on.)	Extremely Important - 4 Very Important - 3 Important - 2 Not Very Important - 1 Not Important - 0	
<u>Playing</u> (Having a variety of social and recreational activities that I enjoy, friends to participate in those activities with me, and the knowledge and skills to do well in these activities.)	Extremely Important - 4 Very Important - 3 Important - 2 Not Very Important - 1 Not Important - 0	
<u>Belonging</u> (Feeling connected with family and friends, working out conflicts and resolving past problems that have caused me to feel isolated and alone, participating in a faith community, understanding and participating in my cultural and ethnic traditions, having safe and reciprocal intimate relationships.)	Extremely Important - 4 Very Important - 3 Important - 2 Not Very Important - 1 Not Important - 0	
<u>Healing</u> (Recovering from the impact that past traumas and/or substance abuse may have had on my life and the way I treat myself and other people, understanding myself, feeling good about myself, working on helping myself as much as I help other people, getting control over the symptoms that any emotional, neurological, developmental or behavioral disorders that I may have are having on my life.)	Extremely Important - 4 Very Important - 3 Important - 2 Not Very Important - 1 Not Important - 0	
<u>Helping</u> (Giving back or paying forward to others, helping to make my community a better place to live, feeling like I am making a contribution, being there when I'm needed so that someone else doesn't have to go through the same difficulties that I've had to face, feeling needed.)	Extremely Important - 4 Very Important - 3 Important - 2 Not Very Important - 1 Not Important - 0	