

Personal Planning

In this section, you will start planning the foundations of your goals for life after high school. Setting goals is important, but it is also important to plan how those goals can be reached, and who can help in the process. The following sections should help you start the process of starting a personal inventory and setting your personal goals. Each of the sections are briefly described with some questions to get you thinking about how to plan for your future.

Relationships

Taking inventory of your relationships is a good way to think about who you can ask for help in meeting your goals. Some people might provide emotional support, some might be professional contacts who can help with education, employment, housing, supportive services, and more. Other relationships might be friends and family who you can hang out with.

Favorite Places

Where do you like to hang out and visit? Where do you go to get away from it all? What towns or cities have the employment, educational and recreational opportunities that you would like to participate in?

Likes and Dislikes

It is important to understand yourself—what are you good at, what skills do you need to improve? Your talents and strengths are good to know when thinking about the skills you can use at a job. What kinds of things do you enjoy doing and that make you happy?

Decision Making

Part of becoming an adult is learning to make your own decisions, as well as knowing who to go to for advice when making those decisions. You should know who to rely on to help you, without expecting others to take over for you. Think about the decisions that are made in your life and how many of them you make. What decisions do you want to be control of and what skills do you need to learn to make that happen?



Montana Youth Transitions ♦ 1617 Euclid Avenue ♦ Helena, MT ♦ 406-442-2576

www.montanayouthtransitions.org

“My Relationships”

List all of the important people in your life—friends, family, people who offer support. Who can help in making important decisions? Who can help you meet your goals?



Montana Youth Transitions ♦ 1617 Euclid Avenue ♦ Helena, MT ♦ 406-442-2576

www.montanayouthtransitions.org

“My Favorite Places”

Think of the places you enjoy being and that make you happy:

Think of the places you would like to live:



Montana Youth Transitions ♦ 1617 Euclid Avenue ♦ Helena, MT ♦ 406-442-2576

www.montanayouthtransitions.org



Distributed by:
Montana
Office of Public Instruction
Denise Juneau, State Superintendent

opi.mt.gov

“My Decisions”

| Decisions I Make | Decisions Made by Others | Decisions I Want to Make |
|------------------|--------------------------|--------------------------|
| | | |



Montana Youth Transitions ♦ 1617 Euclid Avenue ♦ Helena, MT ♦ 406-442-2576

www.montanayouthtransitions.org



Distributed by:
Montana
Office of Public Instruction
Denise Juneau, State Superintendent

opi.mt.gov

“My Vision of the Future”

Short Term Goals: (in the next year)

1. Goal: _____

What might get in your way? _____

Who can help? _____

2. Goal: _____

What might get in your way? _____

Who can help? _____

3. Goal: _____

What might get in your way? _____

Who can help? _____

4. Goal: _____

What might get in your way? _____

Who can help? _____



Montana Youth Transitions ♦ 1617 Euclid Avenue ♦ Helena, MT ♦ 406-442-2576

www.montanayouthtransitions.org



Long Term Goals: (in the next 10 years)

1. Goal: _____

What might get in your way? _____

Who can help? _____

2. Goal: _____

What might get in your way? _____

Who can help? _____

3. Goal: _____

What might get in your way? _____

Who can help? _____

4. Goal: _____

What might get in your way? _____

Who can help? _____

