



## Life Skills Planning Sheet

Name:

Date:

Mentor/Sponsor:

### Goals For Next **7** Days

#### Spiritual

1. When will I take time for meditation and prayer?
2. What study helps or prayer tools will I use?
3. What are my journaling goals?
4. Which church will I attend?
5. What meetings will I attend each week?

#### Social

1. What plans will I make for time with supportive people?
2. What volunteer activities will I do? What and when?
3. Who is my current network of "fun and safe" friends?
4. What is a list of people I need to avoid?
5. What will I do to enlarge my circle?
6. How many new friends will I add to this list when I review these goals?
7. What will I do for fun and recreation?

#### Mental

1. What is my plan for Monday – Friday of work, school, or volunteer involvement?
2. When will I sit down each week to review and plan my schedule?
3. What am I reading in recovery literature and in general information/fun?
4. What hobbies or activities will I try so I can learn or develop interests and skills?
5. How much television time do I want as a maximum for each day?
6. What budget plans do I have for responsible use of my finances?

#### Physical

1. What will I do for exercise and how often?
2. What (if any) challenges do I want about food?
3. What is a good schedule of going to bed and getting up that I want to maintain?

Spiritual

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Social

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Mental

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Physical

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