

# Planning Your Commitment to For The Future

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## **Commitment to Your Future**

Often we do not realize our own wishes, desires, skills, and abilities until we commit them to paper. The following exercise will encourage you to continue planning your future.

List several things that were important to your well-being prior to your loss.

- 1.
- 2.
- 3.

List three strengths you believe you possess.

- 1.
- 2.
- 3.

List three desires or interests (things you have always wanted to do)

- 1.
- 2.
- 3.

List three abilities you have but do not use.

- 1.
- 2.
- 3.

List one goal in each of the following areas:

Physical Health:

Spirituality:

Social:

Next, place a star beside the most important item in each category. Look at each category and decide what you would like to accomplish in the:

- a. Next week
- b. Next month

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- c.** Next six months
- d.** Next year
- e.** Next two years