



***Goals and
Aspirations
cards***

**In three
months**

Next year

**In six
months**

Next month

Next week

Tomorrow

Today



Mentally well



Understand my
diagnosis



Work closely
with my
assessment
team



Take my
medication

Positively Me!



LIVE

Be positive



Interact well
with others

Mental health
BEGINS WITH *Me*

Communicate
positively



Get on well with
my family



Meet some new
people



See my friends



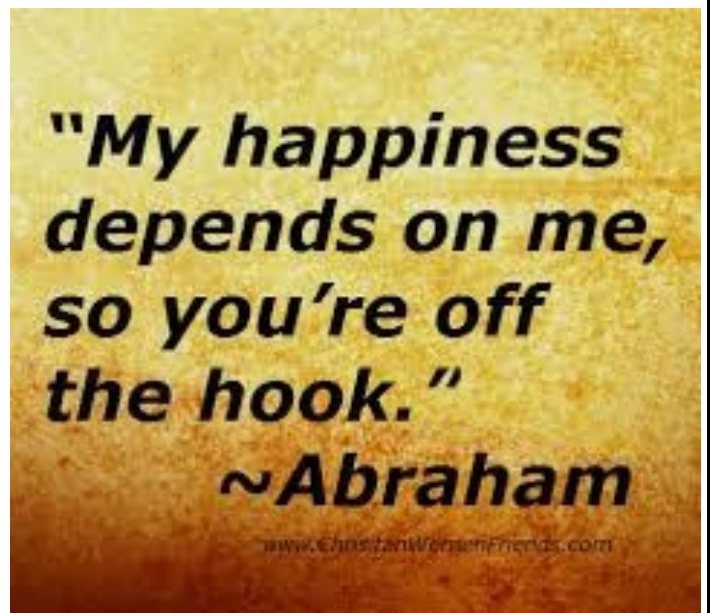
Get through the
day..... ok



Remember
things



Have some fun



Be happy



Be content



Show
compassion to
others



Be
understanding



Notice things
around me



Being mindful



Be more social



Have “No”
stress



Be healthy and
well



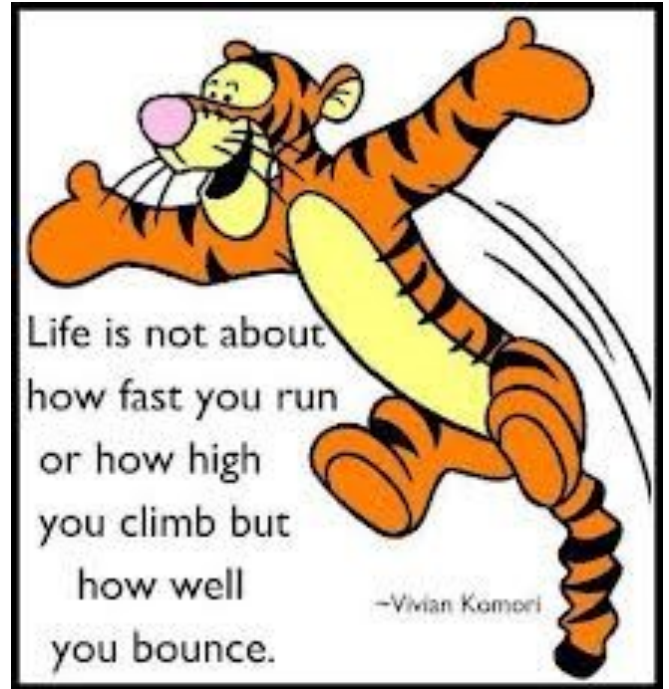
Be accepted



Care for
another



Feel worthwhile



Be resilient



Feel loved



Give love



I am ok



I want to go to
work



I want to
contribute



I want to feel
accepted



I want to play
sport



I want to go to
the gym



I want to be
more active



I want to be a
Professional
Sportsperson



I want to sing



I want to go to
the races



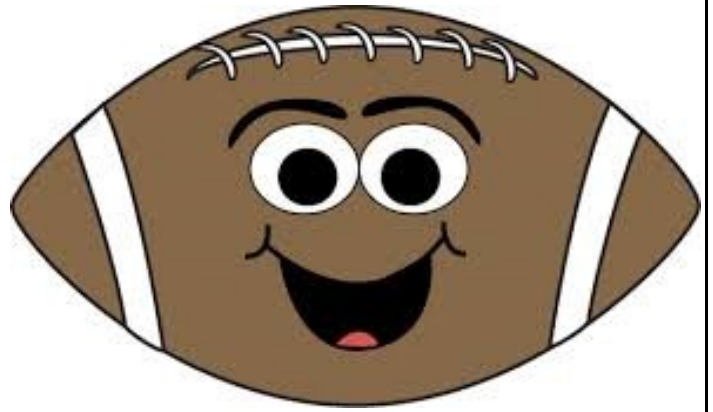
I want to go
bike riding



I want to go
hiking



I want to take
pictures



I want to play
football

**Come On
Join
The Club!**

I want to join a
club



I want to go out
more



I want to visit a
beautician



I want to feel
special

Love
yourself
enough
to live
a healthy
lifestyle.

I want to get
healthy



I want to be
happy



I need a hair cut



I want to have
more fun



I want to make
some money



I want to go
back and study



I want to live on
my own



I want to live
with others



I want to go out
nightclubbing



I want a good
relationship



I want a good
relationship with
my father



I want a good
relationship with
my sister



I want a good
relationship with
my brother



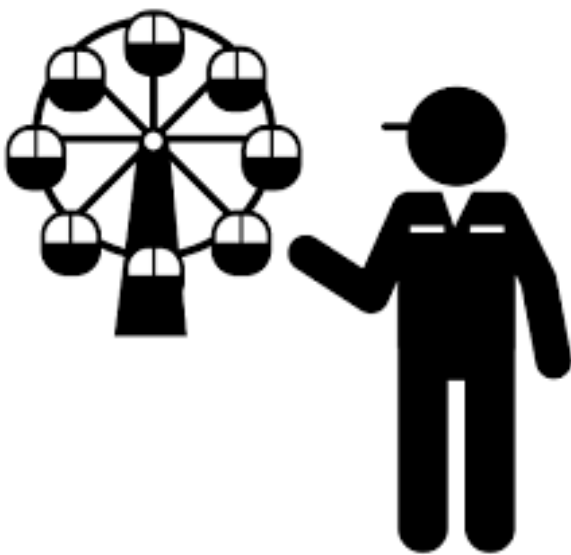
I want a good
relationship
with my
extended family



I want to go on
holiday



I want to be a
mentor



I want to visit a
theme park



I want to learn
how to swim



I want to loose
some weight



I want to go to a
football match



I want to learn
how to manage
my money



I would like to
be able to look
after myself



I would like to
have energy



I want to do
more



I would like to
have a garden



I would like a
pet



I want to sleep
better



I want to
volunteer



I want to
reconnect



I want to be full
of life



I want to buy a house



I want some shares



I want to be in a relationship



I want to have children



I want to feel
I belong



I want more
money



I want to learn
to Water Ski



I want more
skills



I want to live
healthier



I want to go out
to dinner at a
fancy restaurant



I want to go
Fishing



I want to work
on a Trawler



Go on a boat



Go on a train
trip



I want to take up
extreme sports



Go on a plane



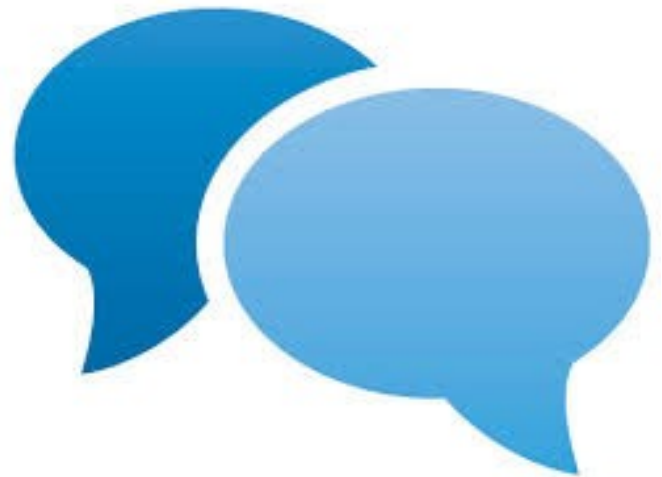
I want to write a
book



I want to teach
others



I want to help
others



I want to
belong and be
needed



I want to learn
about my history



I want to drive a
vehicle



I want to
contribute



I want to be self
sufficient



I want to go to
the beach



I want to
practice
mindfulness



I want to get my
mental health
under control



I want
a new car



I want to learn
new things



I want to see
new things



I want to see a
Travel Agent



I want to
practice new
skills



I want to stay in
a fancy hotel



I want to
experience
new things



I don't want to
be afraid



I want people to
like me



I want to learn
to read



I want to learn
how to speak in
public



I want some
new clothes



I want to learn
how to cook



I want to learn
how to play an
instrument



I want to learn
how to fix a car



I want to learn
how to massage



I want to get a
Personal
Trainer



City icon
Photoshop CS3

I want to visit
another city



I want to go
bushwalking



I want to lift
weights



I want to start
yoga



I want to be a
better person



I want a Tutor



I want to feel
needed



I want to feel
worthy



I want to feel
cherished



I want to feel
appreciated



I want to study
more



I want to have
more friends



I want to
reconnect
with God



I need peace



No more drugs



No more alcohol



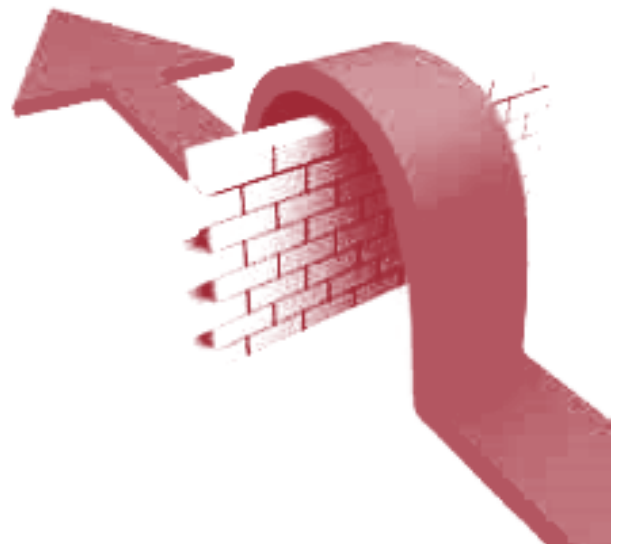
No more
excessive
eating



TV



Overcome my
anxiety



Overcome my
depression



Pixmag.com 50317395

Overcome my
fears



Overcome my
negative
thoughts



Get more active



Learn to
breathe

Work

Health

Friends

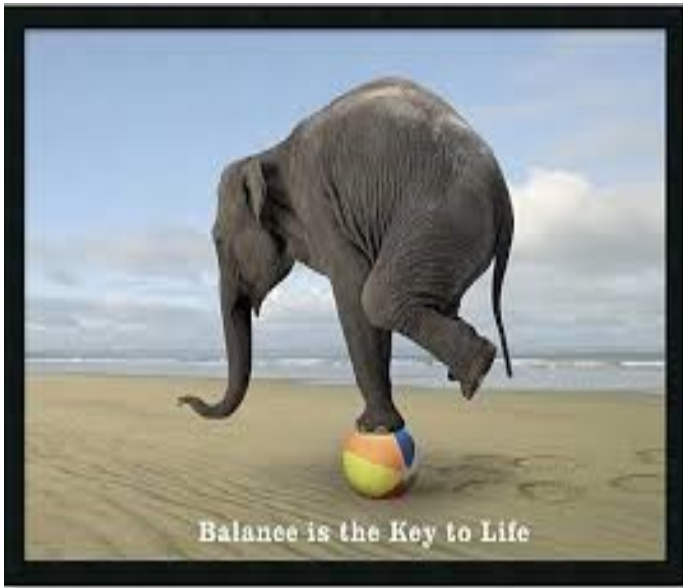
Career

Family

Friends

Time

Live better



Balance



Have everything
I need



Reduced stress



Well being



Working
together



Peaceful
neighbours



ivina boay soui



Be inspired



Meditation



Peace of mind



Read
inspirational
books



Get a mentor



Feel connected



Have a life's
vision



Moderation



Leisure

Comedy

Fun

Laugh more

Be safe

Jewellery

Home

Car

Boat

Trips away

Fame

Fans

**Meet a
celebrity**

Chill out

Be creative

**Be
optimistic**

Be valued

Reconnect

**Seeking
help**

**Overcome
shame**

**Overcome
guilt**

Being
central

Mateship

Yearning

Role
modelling

**Sense of
community**

**Sense of
self**

**Sense of
family**

**Sense of
belonging**



Family



Appreciation



Sharing stories



Keeping busy



Be optimistic



Climbing over
boulders