

Sample LIFE PLAN template
For YouthBuild Staff and Students

Directions: Make a goal for each area of your life in each box. Make the goals small steps & achievable. Think on what support or resources you might need, and how you will know you reached your goals.

Life Area	Next Month	3 Months	6 Months
My Education GED, college, self-directed learning, certifications, etc.			
My Job & Career skill development, resume prep, job shadowing, career explorations, etc.			
My Family and Friends family relationships, parenting goals, goals for or with friends, support network, mentors, etc.			
My Health physical health, emotional health, exercise and nutrition, rest and relaxation, etc			
My Finances savings, debt, credit, money management, budgeting, asset development, etc.			
My Leadership skills to develop LD opportunities I want community service civic engagement upcoming elections, etc.			
Other spiritual practice, other personal goals, etc.			