

Instructions: Work together to ensure the items below are either completed or in-process (at least discussed!) as you take the next steps in life.

Area	Question	Completed?
<i>Example</i>	<i>Have you discussed your situation with a trusted family member or supporter?</i>	✓
<b>Housing</b>	<b>Do you have a safe place to live?</b>	
<b>Key Documents</b>	<b>Do you have a birth certificate, social security card, and valid license/ID?</b>	
<b>Transportation</b>	<b>Do you have reliable transportation on a regular basis?</b>	
<b>Legal Situations</b>	<b>Do you have legal, tax, or conviction issues that require attention?</b>	
<b>Clothes</b>	<b>Do you have the right clothes to wear in bad weather and at work?</b>	
<b>Personal Care</b>	<b>Is your appearance neat and professional?</b>	
<b>Daily Routine</b>	<b>Have you created a daily schedule and routine to follow?</b>	
<b>Communication</b>	<b>Do you have access to a phone and to the internet?</b>	
<b>Mail &amp; Paperwork</b>	<b>Do you have a system for receiving and organizing important documents?</b>	
<b>Strengths</b>	<b>Have you identified your top personal strengths?</b>	
<b>Skills</b>	<b>Have you identified skills where you have a high level of ability?</b>	
<b>Using Assets</b>	<b>Do you know how to use strengths &amp; skills (your <i>assets</i>) in your life?</b>	
<b>Goals</b>	<b>Do you have S.M.A.R.T. goals for your home/work/social life?</b>	
<b>Mental Health Diagnosis</b>	<b>Do you have a mental health condition? If so, do you know how to cope?</b>	
<b>Supervision &amp; Support</b>	<b>Do you have a plan for ongoing mental health supervision &amp; support?</b>	
<b>Medications</b>	<b>Do you have a clear process for managing your medications?</b>	
<b>Stressors</b>	<b>Are you clear on the most urgent, controllable stressors in your life?</b>	

	Completed?
<b>Trusted Advisor</b>	<b>Do you have at least one positive, trusted advisor in your life?</b>
<b>Family &amp; Friends</b>	<b>Are you prepared to engage with family and friends?</b>
<b>Spiritual Growth</b>	<b>Are you seeking environments for spiritual growth and support?</b>
<b>Food Assistance</b>	<b>Do you have access to three nutritious meals each day?</b>
<b>Healthy Habits</b>	<b>Do you have any ongoing struggles with habits?</b>
<b>Health Insurance</b>	<b>Do you have health insurance coverage?</b>
<b>Healthy Recreation</b>	<b>Have you identified healthy recreation and leisure options?</b>
<b>Exercise Routine</b>	<b>Have you established a regular exercise routine and committed to do it?</b>
<b>Credentials</b>	<b>Can you access your education credentials (diploma etc.) for employers?</b>
<b>Skill Development</b>	<b>Do you know where to get additional education if you need/want it?</b>
<b>Student Aid</b>	<b>If pursuing additional education, have you secured enough financial aid?</b>
<b>Job Search Prep</b>	<b>Are your résumé, interview skills, and elevator pitch ready?</b>
<b>Look for Work</b>	<b>Do you have a job or a signed employment offer?</b>
<b>Work Readiness</b>	<b>Do you have the basic personal skills and equipment for starting work?</b>
<b>Work Commute</b>	<b>Do you have a reliable way to get to/from work each day?</b>
<b>Work Mentor</b>	<b>Have you identified and made contact with a work mentor?</b>
<b>Benefits Enrollment</b>	<b>Have you restored or enrolled in all eligible benefit programs?</b>

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Personal Budget	Have you created a monthly personal budget for your basic needs?	
Banking	Do you have an active checking account with a bank (if allowed one)?	
Debt Repayment	Do you have a list of all of your debts and a (snowball) repayment plan?	
Child Relationship	Are you prepared to build a positive relationship with your child(ren)?	
Childcare	Do you have a plan for childcare when you are unavailable?	
Child Support	Are you making (or receiving) consistent child support payments?	
Journaling	How are you feeling today? What are your biggest concerns and how can you address them? What are you grateful for?	

Other

## Notes


