

10

Focus on the future and what you want from the future. Set yourself achievable short term and long term goals.

Personal Goals

FAMILY Short term	My family and I.....
FAMILY Long term	My family and I.....
WORK Short term	I will.....
WORK Long term	I will.....
SOCIAL Short term	My new hobby will be.....
SOCIAL Long term	The new group I will join will be.....
SPIRITUAL Short term	I will take time for myself
SPIRITUAL Long term	I will

Financial Goals

SHORT TERM 1 - 3 months
SHORT TERM 6 months
MEDIUM TERM 1 - 2 years
LONG TERM 5 - 10 years

Essential First Steps to re-establishing financial security - a booklet to assist you to re-establish your finances after leaving domestic violence. www.whealth.com.au/work_financial-abuse-project.html

