

Area of my life:	My needs:	My outcomes: These are my goals and should be specific, measurable, agreed, realistic and timed with a review date	Actions: What will help me achieve my outcomes	Resources to be used: Who will do what, when and how often	Review: At Review, has this outcome been achieved? What is working and not working
<b>About my...</b> Learning and training	Emma needs to get the qualifications required to help her get a job in the restaurant and food industry				Choose an item.
Emotional wellbeing	Emma needs to know what she can do when she feels sad, lonely or angry  Emma needs to develop her social network and make friends that she can				Choose an item.

	enjoy spending time with				
Physical health	Emma needs to keep to a healthy weight and lifestyle				Choose an item.
Independence and life skills	Emma needs to prepare meals independently  Emma needs to develop money skills  Emma needs to learn to travel independently  Emma needs to learn and develop skills with healthy eating options.				Choose an item.

	Emma needs to develop a plan to remind her to brush hair and teeth				
Employment options	Emma needs help to find a job she wants to do				Choose an item.
Housing options	Emma needs to know about her housing options				Choose an item.