



A Life Plan is an easy tool to help you with the goals that are most important, so you can plan the life that you want. It helps you learn where you are and where you want to go. A Life Plan can also be used to help create your dialysis care plan by focusing on what matters to you most. You can start by using the template below as a guide to make your own Life Plan.

**MY MOTTO: a short sentence or phrase that explains your ideas views about your life**

**WHAT MATTERS MOST TO YOU?**

**GOALS FOR YOUR FUTURE**

**STEPS TO TAKE TO REACH YOUR GOALS**

**DATE**

GOALS FOR YOUR FUTURE	STEPS TO TAKE TO REACH YOUR GOALS	DATE

**LEGEND**

**JOB:** Set your work/volunteer goals for the next 10 years.

**SPIRITUAL:** Take actions to improve your spirituality.

**HEALTH:** Get plenty of exercise and eat a healthy diet.

**SOCIAL:** Join clubs and find fun things to do.

**RELATIONSHIPS:** Focus on important relationships in your life.

**FINANCIAL:** Create a budget and set long-term financial goals.