

My Plans for the Future

Use the key thoughts below to help to plan out changes for your own positive future!

Key Thoughts	Your Plans
How will life be different?	
What will you do more of?	
What will you do less of?	
What will you worry about less?	
How will you spend your time?	

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).