



TOTAL Care & Support (TC&S) Program
Goals: *Get the Picture / Make a Plan*

Today's Date _____ Name: _____ Taken by: _____

Circle areas that are life issues and /or goals. Place a check over issues that are OK for now. Jot notes of current picture, i.e. jobs & skills already have. Write key goal sentences. List immediate "to do" actions / dates.

Job /Career Direction (find /maintain work; workforce development; career direction [5 yr.?]; business)

What are your best job skills that you can present to an employer right now? Date Met Date Met

Education /Skill Training (GED /HS; corporate /professional training; college; tutoring; daily skills)

 Date Due Date Met

Social Services (basic needs; locate housing; repairs; transportation; medical; mental health / counselor; legal; agency issues; child care; language translation; etc.)

What area do you want to live in or live in now?

Do you have a housing plan? yes ___ no ___ What's the plan?

What is your transportation situation? (have a vehicle? / person giving you transportation or public? / what's needed for you to have a driving license, or you have it)

Other (see check list above)

 Date Met Date Met

Substance Abuse (maintain or re-gain sobriety; sponsor /mentor; work program; staying away)

Is there, or has there been, a substance abuse problem in your life. yes ___ no ___ When started in your life / how long going on? / sober now? / how long sober? / What substances of choice?

 Date Due Date Met



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Useful Finance (financial training; coaching; develop /follow budget; debt /credit /taxes)

Date Due Date Met

Spiritual (be an active disciple (of the religion I have chosen to pursue); be mentored; attend Church, Synagogue, Mosque; work a program to deal with negative root issues Date Due Date Met)

Prayer Requests:

Significant Healthy Human Relationships (1. mentors [already covered above] 2. positive peers / support 3. family) (positive people /friends; away from wrong influence people; emergency people; difficult relationship issues; marriage; parenting) Date Due Date Met

Sound Body & Recreation /Stimulated, Growing Mind (exercise; sleep; healthy diet; supplements; recreation; hobbies; reading; develop interests, etc.) Date Due Date Met