

Goal Outline

Objective: Identify short-term & long-term goals and methods to achieve them

- I. Short-term goals
 - A. Maintain mental stability
 1. Seek help from The Department of Veterans Affairs
 - a. Take all prescribed medication at the appropriate time and at the appropriate dosage
 - b. Attend all scheduled meetings with psychologist, psychiatrist, therapist, social worker, etc....
 - c. Practice coping skills and other relaxation techniques
 - d. Recognize when anxiety and other symptoms become overwhelming
 2. Seek help from The Vet Center and other organizations
 - a. Utilize additional resources when others such as the VA are not readily available
 - b. Call and schedule appointments
 3. Communicate with support networks
 - a. If I feel hopeless and I am not able to speak to anybody else, know that I can call The Veterans Crisis Line
 - b. Maintain an open line of communication with my mentor, sponsor, and therapists
 - A. Maintain a Healthy Lifestyle
 1. Consume healthy beverages
 - a. Water
 - b. Juice
 2. Consume healthy foods
 - a. Fruits and Vegetables
 - b. Foods that are low in fat, sodium, and cholesterol
 3. Good sleep hygiene
 - a. Get six to eight hours of sleep a night
 - b. Stay on the same schedule
 4. Exercise
 - a. Run or walk daily for at least 20 minutes
 - b. Lift weights without exceeding limitations or too much strain
 - B. Maintain Sobriety
 1. Refrain from drinking alcohol and all other illegal activities identified by the court
 2. Attend AA and NA meetings
 3. Stay away from bad influences and avoid peer pressure
 4. Pass all required drug screen urinalysis
 5. Attend other mandatory meetings at The Domiciliary
 - C. Save money
 1. Do not purchase items that are not essential
 2. Save at least 70% of monthly income
 3. Make a budget

- D. Obtain an outside support network
 - 1. Stay in contact with my mentor
 - 2. Stay in contact with other positive support individuals at Veterans Court
 - 3. Obtain a sponsor through AA
 - 4. Attend church or other religious groups
 - 5. Make new friends with similar goals and ambitions
- E. Always abide by the rules and regulations presented by The Veteran's Treatment Court
 - 1. Stay in compliance with The Veteran's Treatment Court handbook
 - 2. Maintain an open line of communication with my mentor
 - 3. Call the drug screen line and take the tests in the required time period
 - 4. Attend court every Friday, and arrive at a reasonable time
- F. Stay Motivated
 - 1. Know that there are people that care about me and desire to see me succeed
 - 2. Remember that my goals are achievable through hard work and the desire to have a positive favorable future
 - 3. Be determined and active in recovery
 - 4. Keep my goals in mind and not get sidetracked
- II. Long-term Goals
 - A. Housing
 - 1. Remain in contact with the Veterans Justice Outreach VA representative
 - 2. Continue to stay in contact with my Social Worker
 - 3. Fill out all the necessary documents provided by the VA
 - 4. Continue to save money for a down-payment
 - 5. Continue to search and stay active in finding a suitable location and price
 - B. Occupation
 - 1. Stay in contact with Vocational Rehabilitation
 - 2. Actively seek out potential work
 - 3. Keep an updated resume
 - 4. Do not be picky if the pay does meet my expectations
 - 5. See if work is available through the VA, programs, or other Veteran's services
 - C. Transportation
 - 1. Continue to save money for a car
 - 2. Remain close to MARTA or CCT until other means are available
 - D. Education
 - 1. Stay in contact with Kennesaw State University and other colleges for programs in a suitable location
 - 2. Actively seek higher education in order to meet the requirements of today's competitive work force
 - E. Continue progressing in my short-term goals
 - 1. Learn from my mistakes and strive for accomplishments
 - 2. Remain goal orientated and stick with the plan