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YEARS	Personal	Career	Education	Recreational Leisure
1 year	I am more confident in my abilities at school and in my personal relationships.	I successfully completed my level I fieldwork with good marks. While in my fieldwork, I am able to apply many of the OT models to many case studies. I am able to apply these foundational theories, models and frameworks to my fieldwork situation.	I am able to understand theories that would be applicable to older adults. I understand theories that are applicable to many different people groups, but my main focus is older adults. I took the initiative to attend an AOTA conference.	I work out at least 3 days a week at the gym.
3 years	I've grown in my abilities to be more sensitive to others and to advocate for others in my community. I am a person that will do the right thing in very hard situations.	I passed the NBCOT test the first time because I was prepared. I now work at a nursing home as an OTR with older adults. I have worked for 7 months after graduating and I am still a member of AOTA. I am practicing as an OTR while applying my knowledge from school to many different life situations.	By now, I have OT friends who are experienced and who I bounce ideas about practicing OT. I am still researching older adults by reading magazines. I continue my education by attending AOTA conferences. I attend training that gives me a step up from others specifically dealing with older adults.	I've accomplished a century, which is a bike race in the United States.
5 years	My personal goals are to have close personal relationships with the other OT's at my work. I work and get along with the entire staff at the	My career looks like attending many trainings and attending many conferences dealing with ways of improving the lives of older adults. I	I am taking several classes that would be applicable to the field to help me be more informed with the changing field.	I work out 4 days a week in the gym.

	nursing home and we are able to work through problems and situations as a team.	continue reading textbooks that are applicable to situations at work. I am familiar with revised frameworks and models. I have memorized the Occupational Therapy Framework.		
10years	I am close with my family and live close to them. I love to share my life and impact others by always encouraging them by being a great example.	I am an OTR that is versatile who is very experienced. I am able to work at a variety of settings. I work at a school, a hospital and a nursing home.	I am starting to work on my PHD to continue my education. I am working toward becoming an OT teacher.	I will attempt to climb the highest peak in South America.