



## Military Family Transition Plan

Now that you have done your Vision Quest or Personal Retreat, completed the VIA Strength Character Assessment, and the Evolution Quadrant, it's time to create some goals that align with your strengths, your values, and your vision for your future. Hopefully you have a greater vision of yourself, who you are, what you value, and where you want to go from here. Look at your Military Transition Assessment together with your information from your retreat and reevaluate the 5 areas you would like to work on to help your transition out of the military go smoother. Circle your five areas. As a review, the 10 categories are:

- Physical Health
- Mental Wellness
- Tribe
- Values
- Finances
- Purpose
- Environment
- Joy
- Connection
- Agency

Write a brief vision statement of how you would like your military transition to go. What do you envision happening as you leave military life?

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Make a list of important events, action items, or goals that you want to accomplish during this period of transition. Your ideas can come from Covey's Time Management Matrix or your personal Vision Quest/Retreat.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

One thing to consider when attempting to accomplish goals or tasks is the fact that there may be a number of obstacles that will hinder you from moving forward such as:

- Personal obstacles
  - habits
  - debilitating emotions
  - paralyzing fears
  - limiting beliefs
- Social obstacles
  - people who do not cooperate with you,
  - people who sabotage you
  - people who are unable to fulfill the responsibilities assigned to them
- Environmental obstacles
  - unexpected conditions, occurrences, and circumstances that you have very little control over.

Select the first most important goal or event that you need to accomplish as your focus goal. Write it here:

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How are you going to accomplish this goal:

1. My Action Step:

A Possible Obstacle:

My Plan to Overcome Obstacle:

2. My Action Step:

A Possible Obstacle:

My Plan to Overcome Obstacle:

3. My Action Step:

A Possible Obstacle:

My Plan to Overcome Obstacle:



4. My Action Step:

A Possible Obstacle:

My Plan to Overcome Obstacle:

5. My Action Step:

A Possible Obstacle:

My Plan to Overcome the Obstacles:



My FOCUS Goal:

	Idea or Action	Due Date	Possible Obstacle and Plan to Overcome	Status
1				
2				
3				
4				
5				

**Use this worksheet to complete the next items on your list.**