

# My Stepping Stones Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please list the top 5 goals you hope to accomplish during your time living in the apartments of the Step 2 program. (These could be short term or long term goals and will be reviewed monthly with the Ramoth House Director).

## My Goals:

---

---

---

---

---

---

---

---

---

---

---

---

The purpose of Stepping Stones is to develop a realistic overview of how you plan on using your time in the Step 2 program to invest in your family and become more independent. The Stepping Stone Plan covers a broad range of life areas that you will use to create practical ways you want to grow in these areas. When making up your plan think carefully about what you want to learn about in these areas, what community supports you may need, how you want to establish your own daily family routines, and what new goals you want to set for yourself.

**In the following areas please list:**

- areas you would like to learn about or goals you want to set
- community supports needed (including Ramoth)
- the programs/activities you plan on participating in
- where they are located
- the times you will be attending
- why you are choosing to attend/participate

**Parenting:** (ie. nutrition, development, socialization, connecting with other parents etc.)

---

---

---

---

---

---

---

---

**Daycare Services:**

---

---

---

---

**Education:**

---

---

---

---

---

---

**Employment:**

---

---

---

---

---

**Community Contribution (Volunteering):**

---

---

---

---

---

**In the area below please list:**

- areas you would like to learn about
- community supports needed (including Ramoth)
- budgeting goals
- monthly income/savings
- future expenses (when moving out of apartments)

**Money Management:**

---

---

---

---

---

For the areas of personal development listed below think about how you personally want to grow as both a woman and mom. Maybe some of these areas have been challenging for you and you want to focus some time addressing them.

**Please list:**

- areas you would like to learn about or goals you want to set
- where you see yourself in the future and practical ways you can start today
- community supports needed (including Ramoth)
- programs you would like to participate in
- where they are located and times you will attend
- why you would like to participate

**Self-Awareness:** (self-care, self-esteem, stress management, emotional awareness, coping skills etc.)

---

---

---

---

---

---

---

---

**Communication Skills:** (conflict resolution, behaviour/attitude, talking with other people appropriately etc.)

---

---

---

---

---

---

---

---

**Positive Relationships:** (choosing safe/supportive people, decision making in relationships, problem solving situations, limiting drama)

---

---

---

---

---

**Hobbies/Recreation Activities:** (how you destress, what energizes you, what fills your emotional cup etc.)

---

---

---

---

---

Please list what your plans are for household routines like cleaning, laundry and cooking/baking etc. You may want to make a weekly calendar to outline your plans (see next side). Remember to take into account the other things you are involved in when coming up with a home management plan so you don't overwhelm yourself.

**Home Management:**

---

---

---

---

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**In the area below please list:**

- where you hope to move when transitioning out of Step 2 and why you chose there
- things you would like to learn about
- community supports needed (including Ramoth)
- plans you need to accomplish before leaving
- things you need to obtain (furniture, first and last rent, transportation etc.)

Future Housing:

---



---



---



---



---



---



---



---



---



---

This section is to be discussed with the Ramoth House Director and may include certain exemptions or expectations based on your time at Ramoth House. This list may be added to if you fail to implement your Stepping Stones Plan or a pattern of lack of participation becomes evident.

**Specialized Conditions:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---