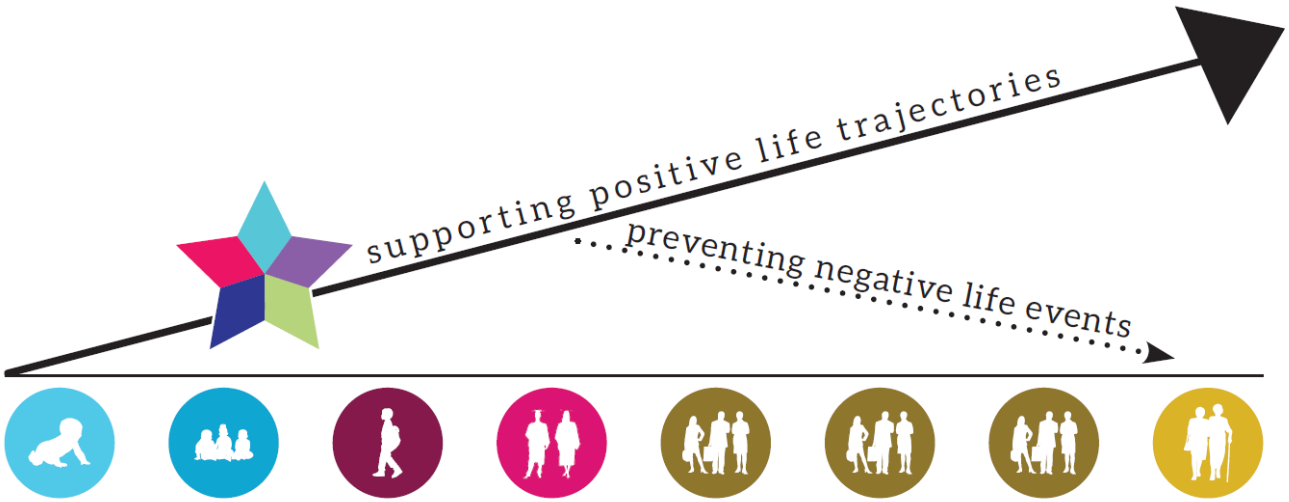
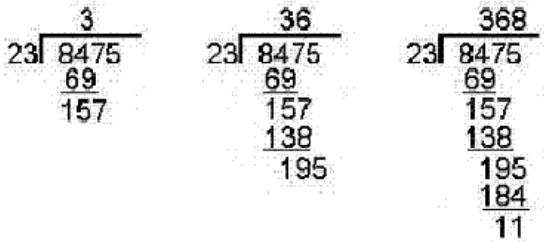
Goals to Action Planning:
How do We Support a Positive Vision for the Future?

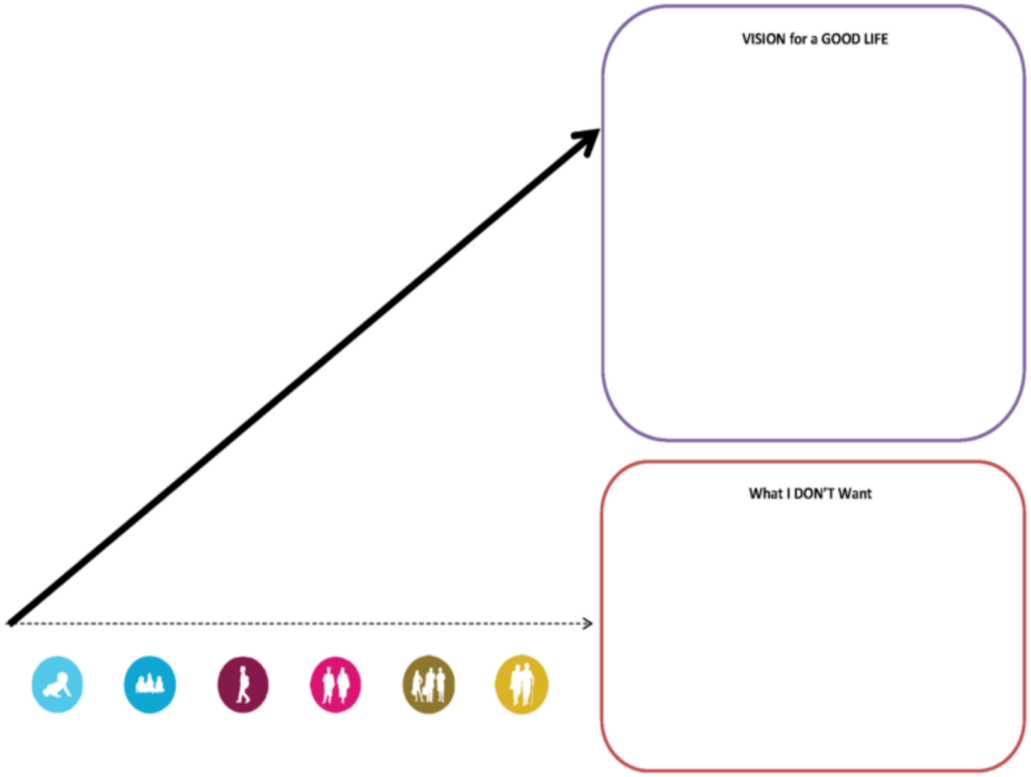
Core Belief: All people have the right to live, love, work, play and pursue their life aspirations just as others do in their community.





Why: Assessed vs. Self Identified Need

Developing or Claiming a Vision



LIFE DOMAIN		My Vision for My Future	priority	Current Situation/Things to Work On
Daily Life Employment	What do I think I will do/want to do during the day in my adult life? What kind of job/career might I like?			
Community Living	Where would I like to live in my adult life? Will I live alone or with someone else?			
Social & Spirituality	How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?			
Healthy Living	How will I live a healthy lifestyle and manage health care supports in my adult life?			
Safety & Security	How will I stay safe from financial, emotional, physical or sexual harm in my adult life?			
Citizenship & Advocacy	What kind of valued roles and responsibilities do/will I have, and how do/will I have control of how my own life is lived?			
Supports for Family	How do I want my family to still be involved and engaged in my adult life?			
Supports & Services	What support will I need to live as independently as possible in my adult life, and where will my supports come from?			

Life Trajectory Worksheet

Past Life Experiences

LIST past life experiences and events that supported your vision for a good life.

LIST past life experiences that pushed the arrow toward things you don't want.

Write current age here

Future Life Experiences

LIST current/ future life experiences that continue supporting your good life vision.

LIST life experiences to avoid because they push you toward things you don't want.

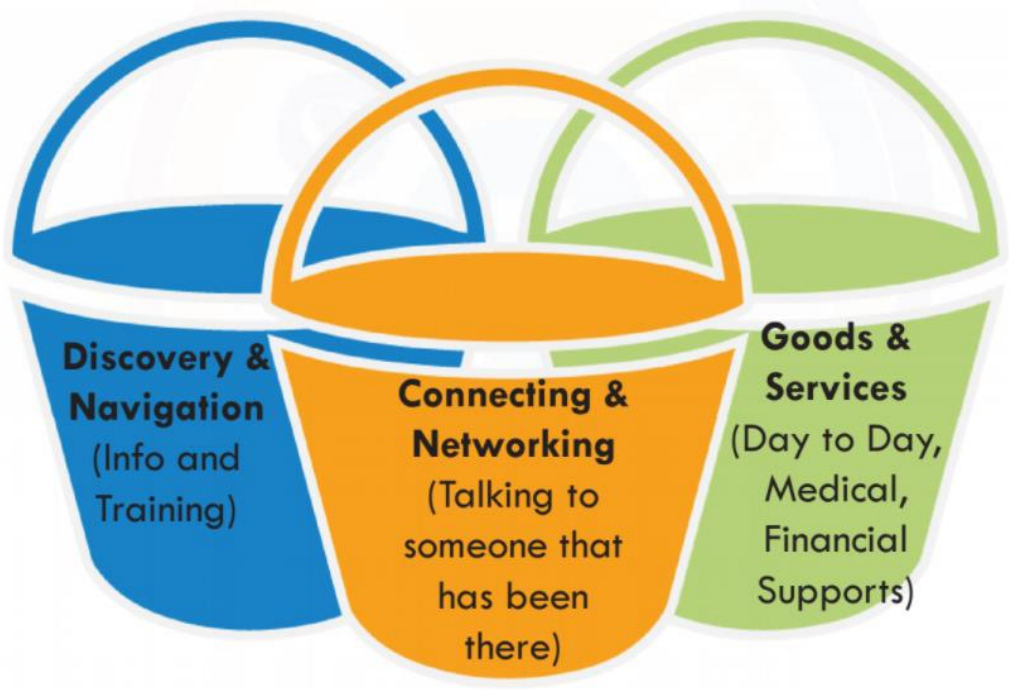
VISION for a

LIST what you want your "good life" to look like …

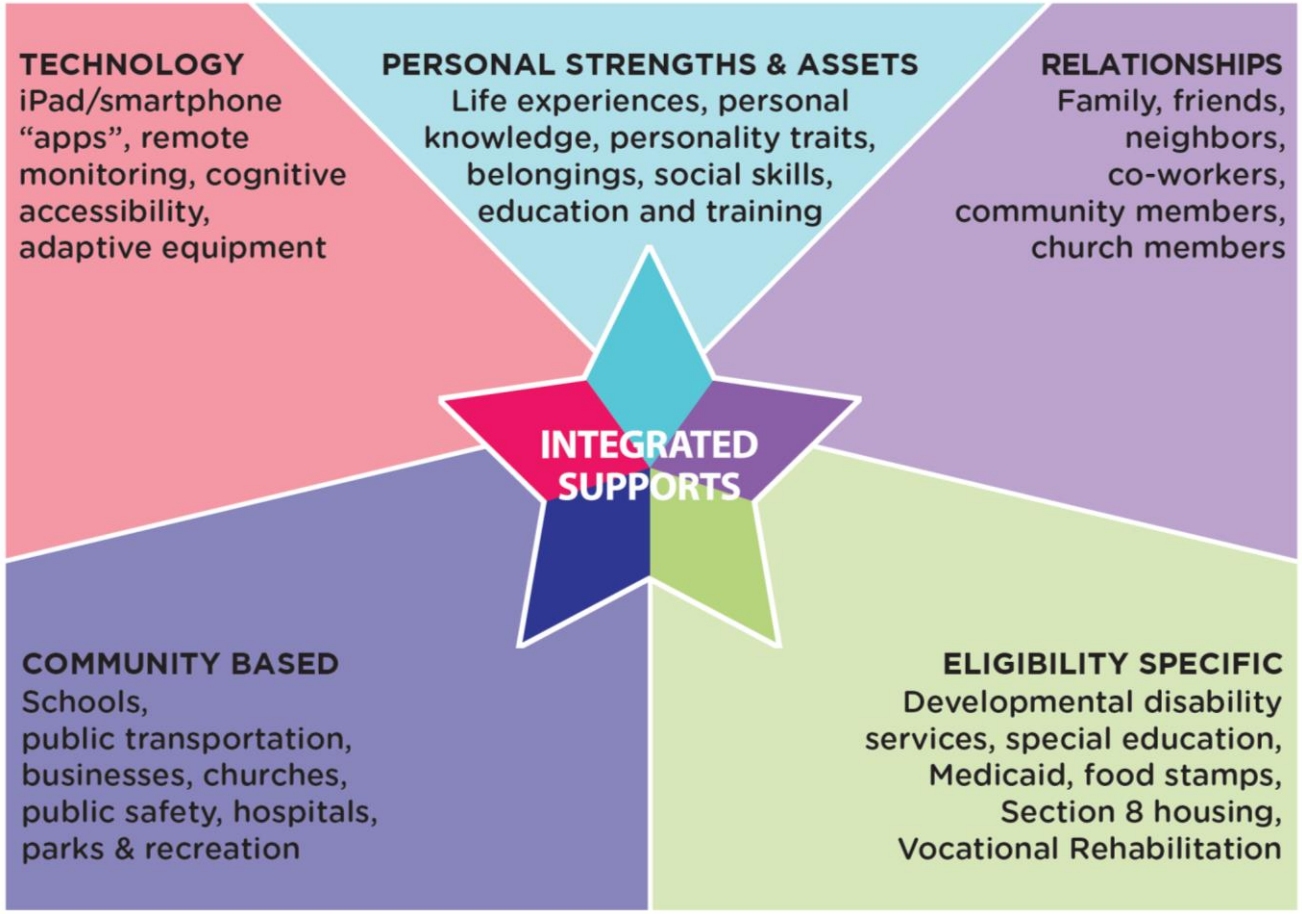
What I DON'T

LIST the things you don't want in your life…

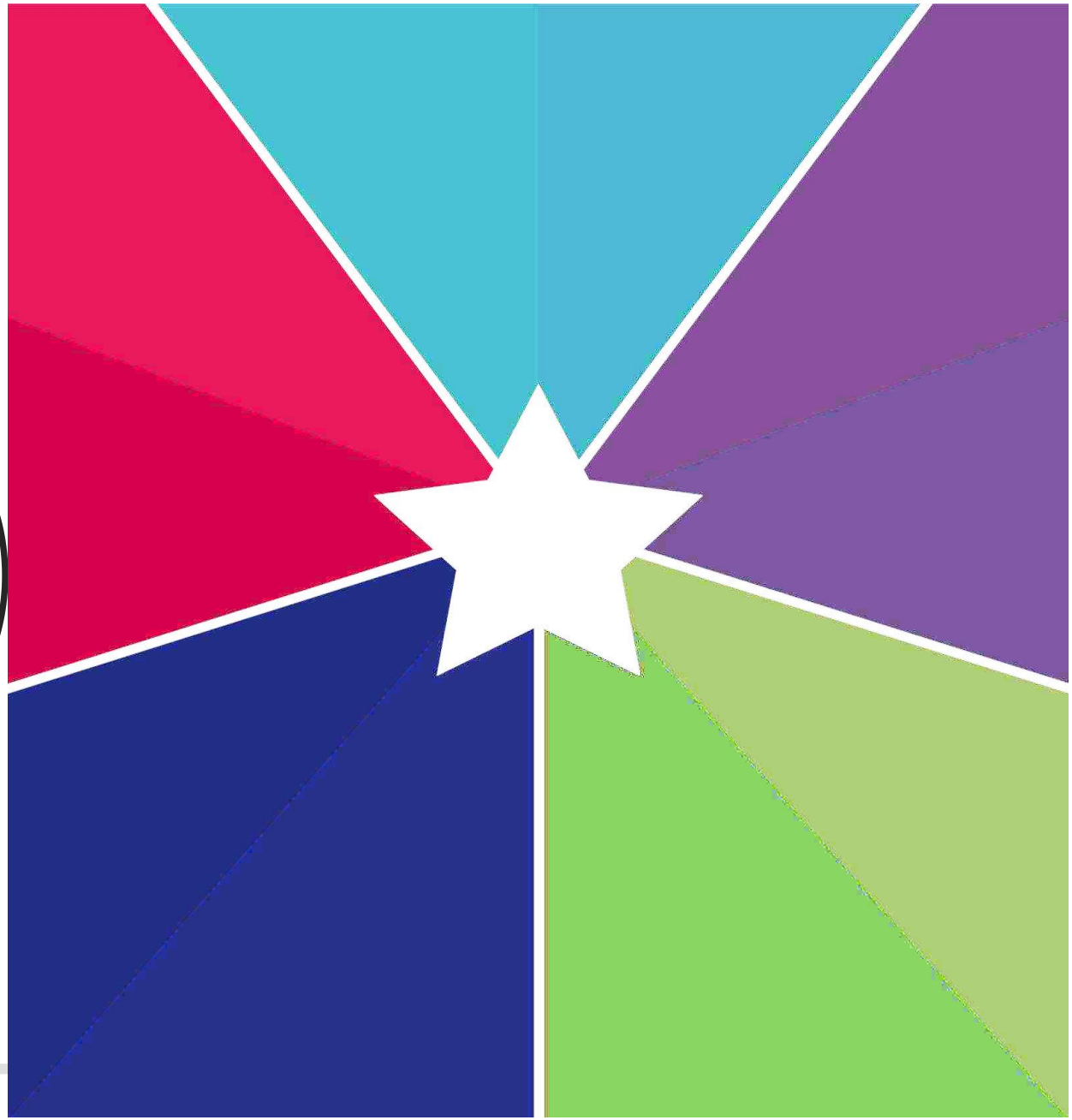
What do I believe I will need to be successful in achieving my vision?



How do I want to meet my needs?



What are my next steps?



Getting Connected

LifeCourseTools.com

Beth Kessler, beth.kessler@ocdd.org