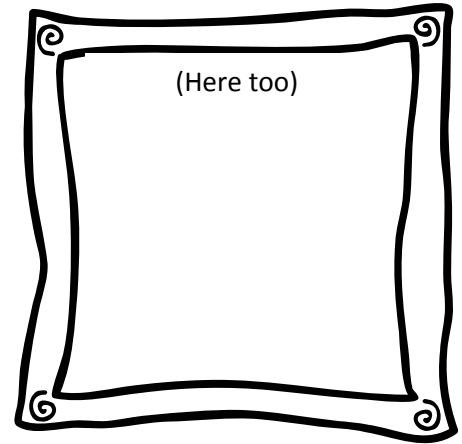
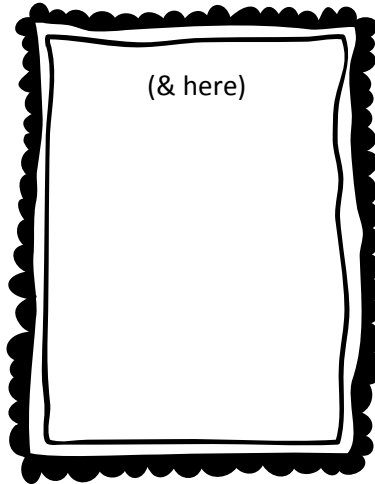
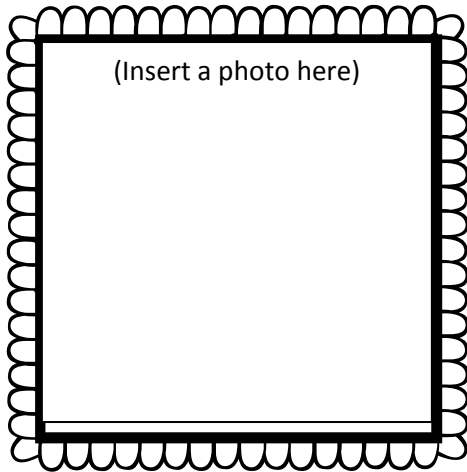




MY LIFE



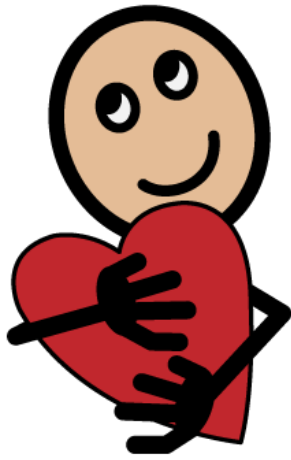
A workbook to help you think about your interests, hopes, & dreams



TIPS FOR TEACHERS / SERVICE PROVIDERS / GUARDIANS:

- This could be a great beginning of the year activity for classrooms
- This could be a great activity for families to do at home and send in to a new teacher, or for a new service provider.
- For people who are not able to write, consider Google image searching options, and having them point to the image that best describes their desire.
- Consider using magazine photos, pre-cut, in different categories for people who might not be able to verbalize their wishes. Giving people full magazines might be too overwhelming.
- Always honor their choices. It is not important if their desires match with your expectations.
- Try not to make assumptions. Base the options that you give them on same-age-same-gendered peers.
- Enjoy the activity of completing this together and hearing the voice of your person with a disability. This workbook is not intended to be completed in one sitting. Spend time exploring pictures or ideas together, asking thoughtful questions, and seeing what your person chooses. It's about the process.

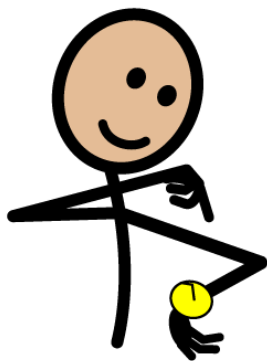




The purpose of this workbook is to help you explore & express things you like, dislike, and your dreams. This book will help you advocate for yourself at your ISP meeting.



It's okay for family, friends, and support staff to help you complete this book---but this book is all about you so you need to be the center of focus.



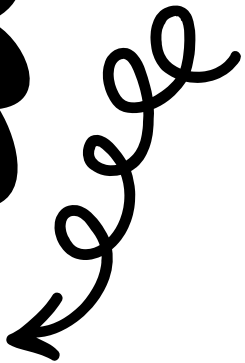
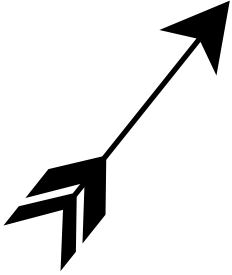
This book has some hard questions in it. It's okay for this book to take you time to finish.

What Makes You Awesome



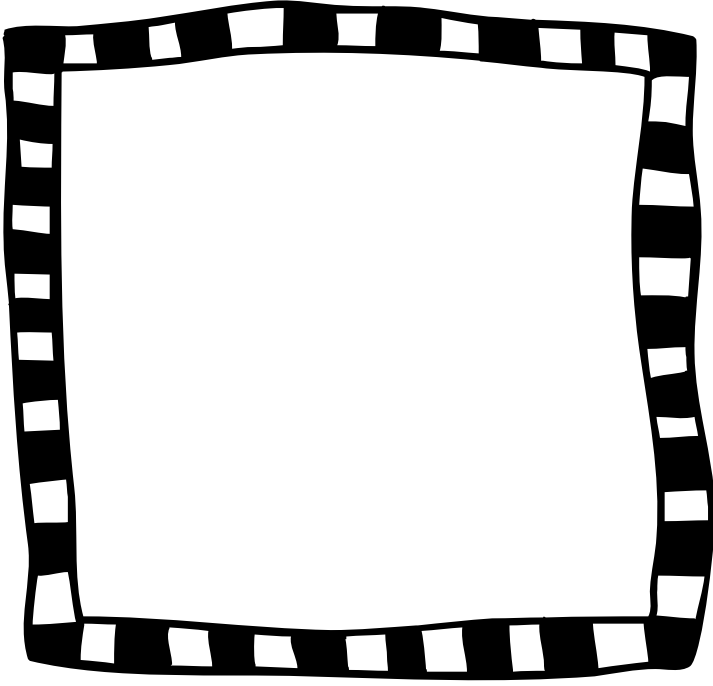
GOOD THINGS ABOUT ME

THINGS I'M GOOD AT

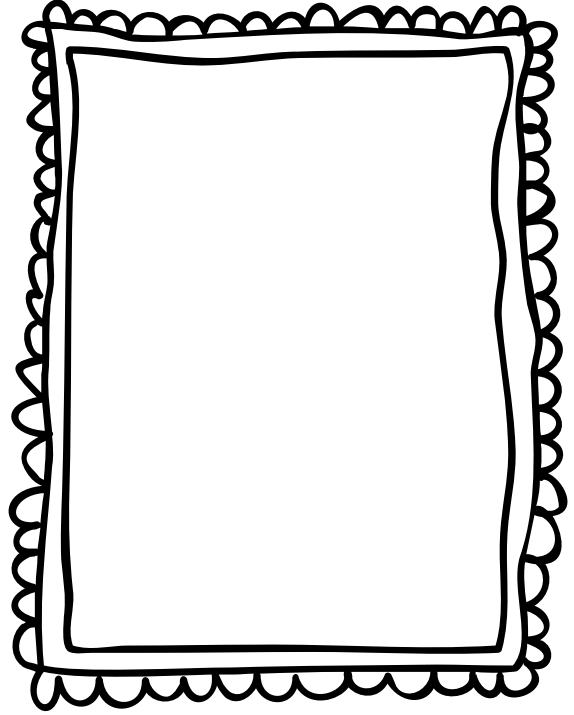


HOBBIES, INTERESTS & THINGS I WANT TO TRY

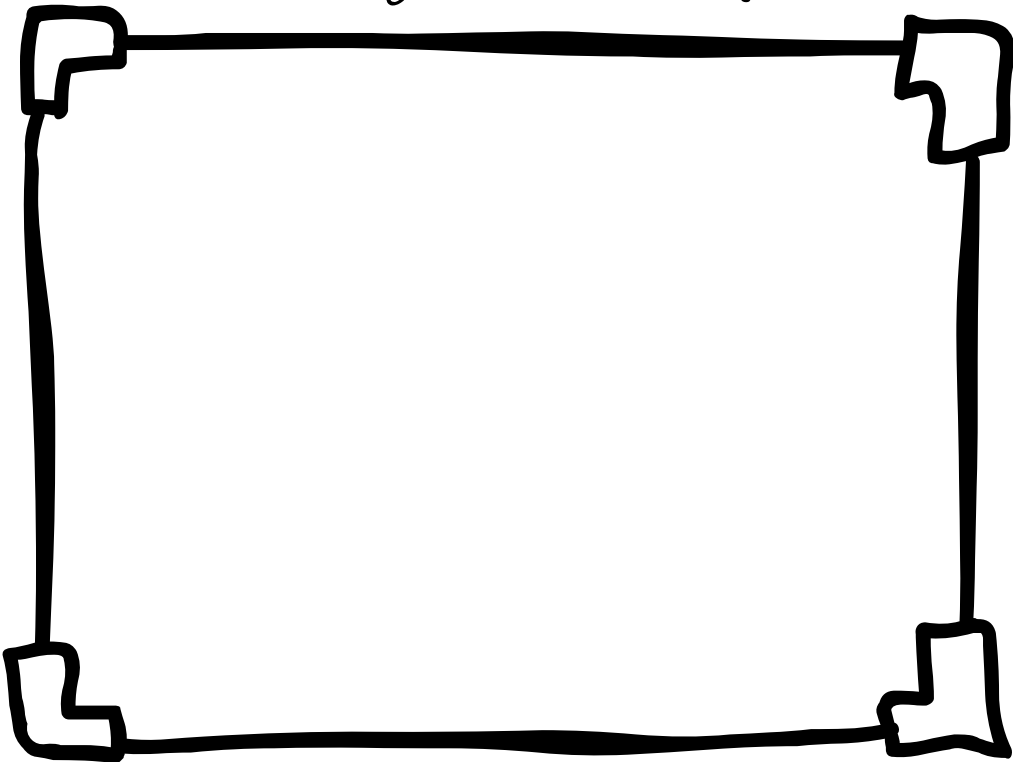
Things I like



Things I don't like

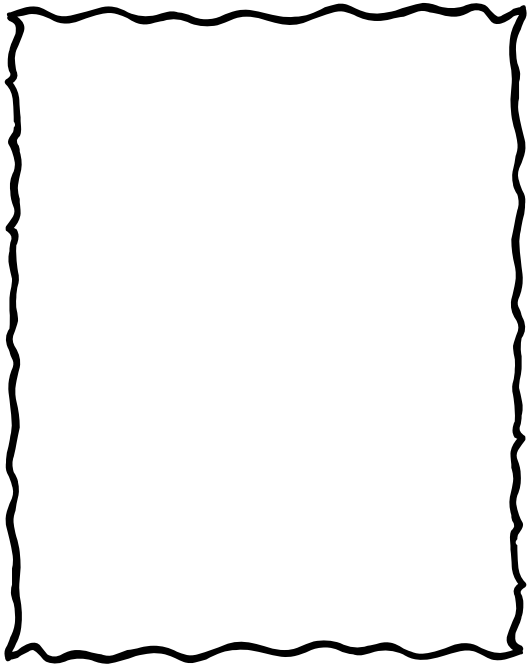


Things I'd like to try

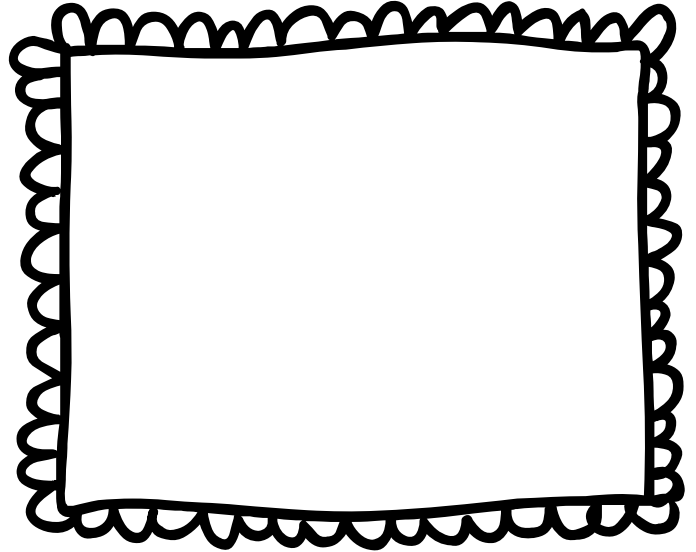


Here, There & Everywhere

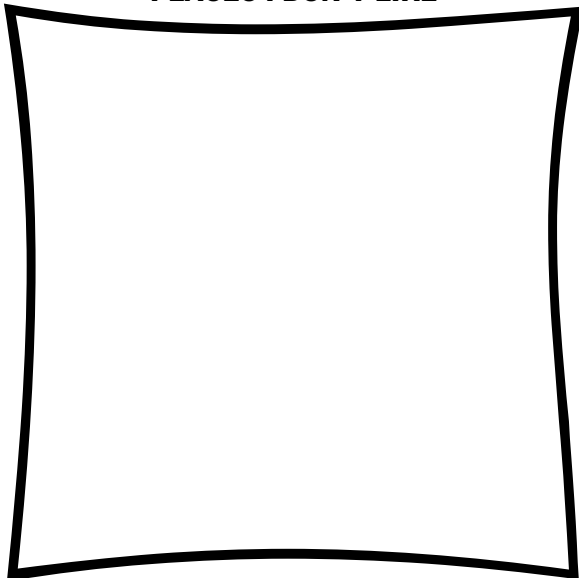
I SPEND MOST OF MY TIME AT...



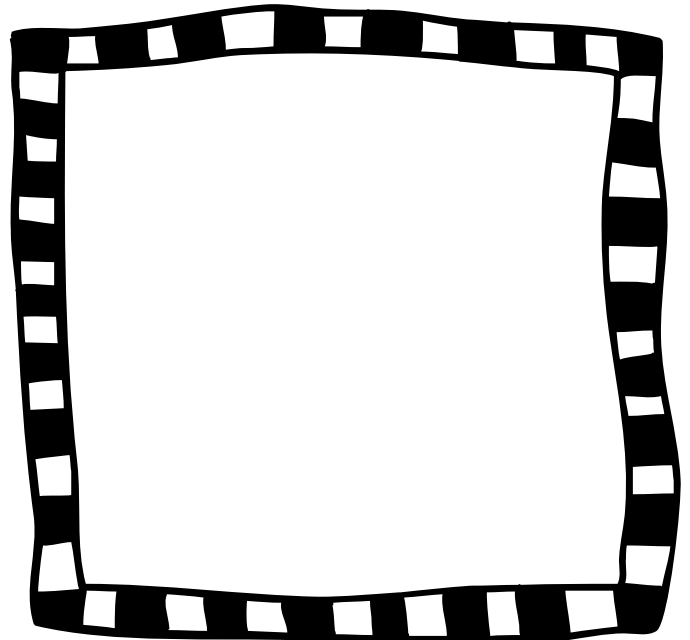
MY FAVORITE PLACES



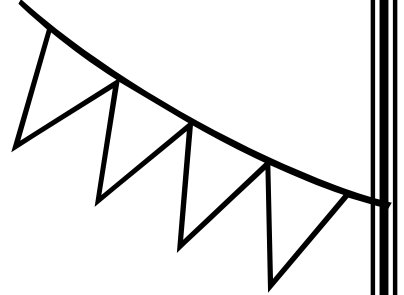
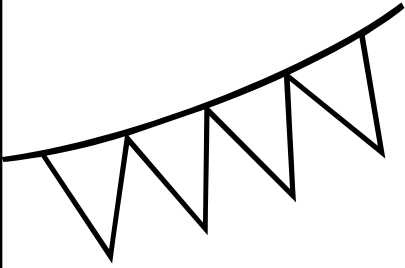
PLACES I DON'T LIKE



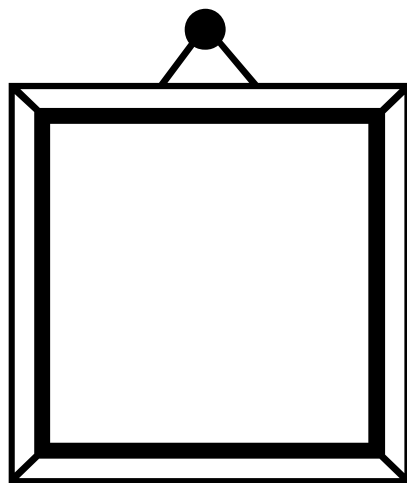
NEW PLACES I'D LIKE TO TRY



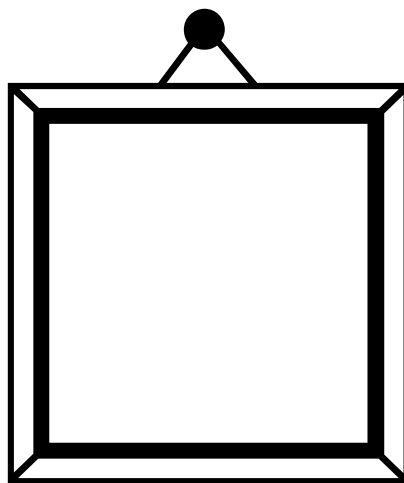
OTHER THINGS ABOUT ME



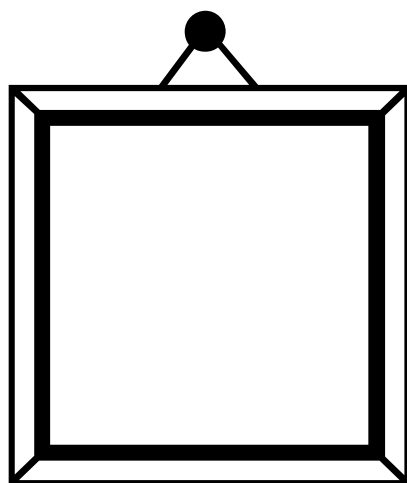
My Hopes & Dreams



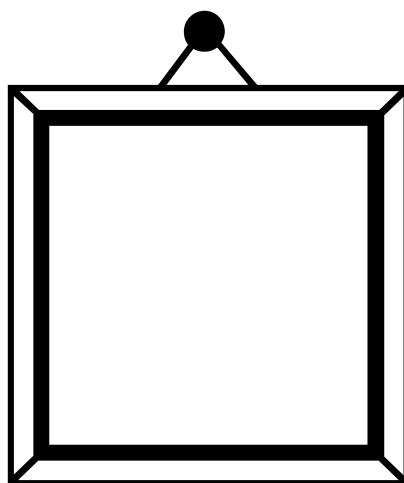
@ HOME



@ BRANCHES



IN THE COMMUNITY



FOR MYSELF