

# *My Future* Planning Workbook



# *Future Planning Workbook for*

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

## **INTRODUCTION**

This workbook can be used alone to help you explore your interests, dreams and goals or in preparation for a formal planning meeting.

- This workbook will help you think about:
- What you are good at
- Things you like or like to do
- What you want for your life and the future
- What you need to reach your goals
- A plan to reach your goals!

## **WHY SHOULD YOU FILL THIS OUT?**

The reason you should look through and fill out this workbook is to think about what you do well, what you might need help with, and what you want for your life in the future. You can also use this workbook to help you prepare for a planning meeting (see more below about this below).

## **NOT JUST ANOTHER PLAN**

This is not something you do once and put on a shelf. It should be looked at often, talked about and updated to make sure it still describes your current goals, interests and needs. Make sure you and the people who support you keep your plan up to date and celebrate your progress often!

## **TAKE YOUR TIME**

Fill in your answers all at once or over a few days or weeks—whatever works for you! Some people like to do one section at a time. Make it fun and really think about what **YOU** want. We all need help from time to time. If you need help reading, writing or answering the questions, ask a friend or service provider to help you.

**YOU are the one who will live your life – make it AWESOME!**

## About Future Planning Meetings

When you are young, it is normal for some choices to be made by older people, like when to go to bed or where to live. It is important, though, to begin making some choices so that you can someday make most of your own choices.



We all need help from time to time. In fact, if we all could do everything by ourselves, there would be no repair people, hair dressers, or bus drivers to name a few. Sometimes it's good to get ideas from other people who have different experiences to help you figure out how to reach your goals. You might decide to get a group of people together (who know you and care about you) to talk about your future and how to get to where you want to go.

## ~ Steps to Follow ~



- **Gather Information:** During your planning meeting, the group might use big paper and markers to write down a lot of things about our life so that they can talk about your strengths, goals and dreams. You will also talk about what extra help you might need to reach your goals. The topics that will be talked about can be found on the following pages.  
Using this workbook can help you get ready to talk to people about your life, ideas, and your interests so that you can be an active player in the meeting. Meetings last about 2 hours. You might feel tired afterward from sharing and talking—that's **OK**! If you think one meeting might be too long, you can ask for shorter sessions.
- **Set Rules for the meeting:** Rules are helpful to keep everyone focused and positive about your goals and plans. Rules might include things like using positive statements, listening , not judging, agreeing to figure things out together, and deciding that everything is a possibility. The group will agree on these and other rules at the beginning of the meeting.
- **After the meeting, make a plan:** The person who runs the meeting will take the information and make the plan into a document (basically a piece of paper that summarizes everything that was talked about). They will ask for your contact information in case they need some more information from you. They will send you the document once it is all complete.

## ~ Your History ~

### BACKGROUND

The famous philosopher Aristotle wrote,

***“knowing yourself is the beginning of all wisdom.”***

Use this page to think about your life growing up, things you enjoy and annoy you and what is happening in your life right now.

Respond to the questions on the right.



- The places I have lived (where and what I thought about them):
  
  
  
  
  
  
  
  
  
  
- One good memory from growing up is:
  
  
  
  
  
  
  
  
  
  
- Some hobbies/afterschool activities I liked when I was younger are: (sports, music, gaming, outdoor activities, church activities, etc.) \* Circle the ones I still like!!
  
  
  
  
  
  
  
  
  
  
- Where do I live now? Who do I live with? What do I like/not about where I live?



**Take a break or keep going... You can do the whole thing or one section at a time.  
It's your choice!**



## RELATIONSHIPS



- Who are my Friends and Family? Circle the ones who are close to me. (Family does not have to be “blood” relatives. For some people, friends can be like “family”.)
- Who do I know in the community and where are they from?
- Who can I count on (or is there someone from my past that I felt like I could count on)?
- Who are some people in my life like Mentors/Teachers/Service Providers? How do I know them or how did I meet them?
- Who are my doctors, dentists, counselors, etc.? Where are they located? Circle the ones I like.
  - What I like and don’t like about them:



Take a break or keep going... You can do the whole thing or one section at a time.  
It's your choice!

# Schedule

Describes what you do now, what you do on a “perfect day.” Use another piece of paper if you need more space.

Schedule Now		My Perfect Day	
Morning		Morning	
Afternoon		Afternoon	
Evening		Evening	
Nighttime or Overnight		Nighttime or Overnight	
Possible Questions to add information above: <ul style="list-style-type: none"> <li>✓ What time do I get up?</li> <li>✓ What is my morning routine?</li> <li>✓ Where do I go during the day and what do I do there?</li> <li>✓ How do I get around (transportation)?</li> <li>✓ When do I get home?</li> <li>✓ What do I do when I get home?</li> <li>✓ What do I have for breakfast, lunch, and dinner?</li> <li>✓ What time do I go to bed?</li> </ul>		Possible Questions to add information above: <ul style="list-style-type: none"> <li>✓ What time would I get up?</li> <li>✓ Would I go out or stay home?</li> <li>✓ What would I do to keep busy?</li> <li>✓ Where would I go and with whom?</li> <li>✓ How would I get around (transportation)?</li> <li>✓ When would I get home?</li> <li>✓ What would I eat and where?</li> <li>✓ What time would I go to bed?</li> </ul>	



Take a break or keep going... You can do the whole thing or one section at a time. It's your choice!

# PLACES

Where do you go in the community for fun (clubs, churches, synagogues or mosques, youth groups, etc.) and for appointments (doctors, dentists, counselors, etc.) Answer the questions on the right.



- Places I like to go when I am out of the house and why I like them:

- Places I don't like to go and why I don't like them:






- Places I want to go that I have not or think I cannot and why



Take a break or keep going... You can do the whole thing or one section at a time.  
It's your choice!

# Personal Preferences

For each row, put an “X” in the boxes below based on whether you like, don’t like, sometimes like, or don’t know if you like the item or activity. And remember, preferences change so it is a good idea to look at this (from time to time) and make sure it is still correct!

	<i>I like it</i> 	<i>I don't like it</i> 	<i>I sometimes like it</i>  	<i>I don't know if I like it</i> 
<b>Sports - playing</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sports - watching</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Music - playing</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Music - listening to</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Art - making art/crafts</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Art - looking at art</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theatre</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Outdoor time/Being outside</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Reading</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Television</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Video Games</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Computer time</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cooking</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Exercising</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Trying new things</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Being with people I like</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Being with family</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Being in a large group</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Being by myself</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>School</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Noisy places</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Bright places</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Dark places</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Morning time</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Afternoon time</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Nighttime</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spicy food</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Burgers and Fries</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pizza</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Chocolate</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other food</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



<i>Other things I like (list below)</i>	<i>Other things I don't like (list below)</i>

- If I want to say more about any of my likes and dislikes, write it here (i.e. why I like or dislike something or a story about a thing I like or dislike):
  
- What am I good at:
  
- What would my best friend, teacher, or mentor say that I am good at?
  
- What do I want to try that I have never had the chance to try?



# Dreams, Hopes and Worries (about the future)



My **dream home** – describe or draw  
in the space below:



My **dream job** – describe or draw  
in the space below:

# Dreams, Hopes and Worries (about the future)



My **dream free-time activities** --  
describe or in the space below:



My **worries about the future** –  
describe or draw in the space below:

# Choices

When you are young, it is normal for some choices to be made by older people, like when to go to bed and where to live. It is important, though, as you get older to begin making some choices for yourself so that you can someday make most choices for yourself. Remember that even adults need help from trusted friends and family when making bigger life decisions like buying expensive things or deciding whether to take a job.

**Which choices are made by you and which are made by other people?** Put an “X” in the appropriate boxes for each row based on whether you make the choice or other people make the choice. Then, add additional choices you or others make that are important to you:

<b><i>Choice</i></b>	<b><i>I make this choice</i></b>	<b><i>Other people make this choice</i></b>
<b><i>What I wear</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>What I do after school or work</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>How I spend my weekend or days off</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>What I eat</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>Who I spend free time with</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>Which chores I do &amp; when I do them</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>Where I live</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>What I learn</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>How I get to places (car, bus, bike, etc.)</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>Who I contact in my family</i></b>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>Other Choice:</i></b>		
<b><i>Other Choice:</i></b>		





# Health

Things that lead to good health and things that lead to poor health



*What are some ways I can be healthier or stay healthy? (Some possible ways are: taking medications if needed, exercise, eating healthy food, not smoking, getting enough sleep, etc.)*

*What makes me unhealthy?*

*Who can I talk to about my health? Where do I get information about my health?*

*What are some ways to stay safe in the community and at home?*

*Who can I call or talk to if I feel unsafe?*



Take a break or keep going... You can do the whole thing or one section at a time. It's your choice!



- **Who are the people I can ask to help me make a decision?**

- **What are some choices that other people make that I want to learn how to make?**

# Home, Work & School

What works and what doesn't work at home, work and or school?

<b><i>At home, work, or school, I like (prefer) environments that (check one box in each row.) Then write other preferences at the bottom of the page.</i></b>			
Are Quiet	<input type="checkbox"/>	Are Loud	<input type="checkbox"/>
Brightly Lit	<input type="checkbox"/>	Dim/Medium or Low Light	<input type="checkbox"/>
Have a lot of people around (e.g. crowded)	<input type="checkbox"/>	Have not too many people around	<input type="checkbox"/>
I can be by myself	<input type="checkbox"/>	I have some people nearby	<input type="checkbox"/>
Have a lot of strong smells (smells that are pleasant – e.g. perfume, baking cookies, etc.)	<input type="checkbox"/>	No strong smells	<input type="checkbox"/>
Give me a chance to move around (i.e. are larger rooms)	<input type="checkbox"/>	Have me in one space (e.g. smaller rooms)	<input type="checkbox"/>
Give me many options of things to do (e.g. shorter activities, switching between activities)	<input type="checkbox"/>	Have one clear activity set up to do (e.g. longer, more involved activities)	<input type="checkbox"/>
I can work in a group	<input type="checkbox"/>	I can work alone	<input type="checkbox"/>
Allow me to meet new people (e.g. coffee shops, social parties, customer service jobs)	<input type="checkbox"/>	Allow me to be around people I know (e.g. small office jobs, activities with my family and friends)	<input type="checkbox"/>
With low music or talking in the background	<input type="checkbox"/>	Without low music or talking in the background	<input type="checkbox"/>
<b><i>List other preferences here:</i></b>			



Take a break or keep going... You can do the whole thing or one section at a time. It's your choice!



# The PLAN

From all the information in this workbook, what things are most **important to you**? These can be added as goals in your plan at school and home. Once you have goals, be sure you know what steps you will need to take to reach your goals and how **YOU** can keep moving towards your goals (or who to talk with to get things moving!)

## Looking through my answers on the previous pages:

- Are there things that came up more than once? If so, list them here:
  
  
  
  
  
  
  
  
  
  
- Are there things that are more important to me than other things? If so, list them here:
  
  
  
  
  
  
  
  
  
  
- Are there things that I need to learn in order to be more healthy and safe in the community and at home?
  
  
  
  
  
  
  
  
  
  
- What is my future plan?
  
  
  
  
  
  
  
  
  
  
- This plan should be updated regularly! Who can I talk to if I want to make changes to my plan?



# My DREAM Plan

This is where you can write down what will you get closer to your dreams and goals. Make sure to write down who will be responsible for doing each task and when the task should be done (deadline). It's your plan, so you can and should follow up with your team to make sure that tasks are being completed. Fill up this page with goals and you can add pages too!!!



Choices/Tasks	Responsible/Person to Assist	By When (Deadline)

You finished! Great job! Keep working on your goals and adding more. Explore your world and decide what you want for yourself! *Surround yourself with positive people and things – because you are worth it!*

# Acknowledgement

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Additional Resource: [OPWDD PCP Various Methodologies](#)