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STAGE 1 — CHAPTER 2

Exploring your 'good life' • Worksheet 2

Create a vision for your future

There are many decisions you will make as you plan for a change in living situation. By having a longer-term plan in place before you start, you will be able to make intentional choices that take you closer to achieving your long-term vision.

If you are creating a self-directed plan (i.e. you are not using an external provider) use this worksheet to create a vision of what you want your life to look like in the future.

STEP 1

Decide on how far into the future you are looking. Write this in the heading of the table on the following page ^A.

Note: We recommend planning for 10 years from now, but if imagining the future feels difficult, print out additional copies of this worksheet and start with one, two or five years. The goal here is to find a timeframe that allows you to freely imagine what is possible, even if that picture is different to your current situation.

STEP 2

In each of the boxes of the table, brainstorm what your life might be like, that many years from now. Use additional paper if necessary.

STEP 3

Considering your answers in Step 2, highlight the elements of your brainstorm that are your highest priorities.

These will be important to keep in mind as you plan your new living situation.

STEP 4

Share this worksheet with your support team so that they will be better able to help you towards achieving your goals.

A

A Vision For My Future, years from now:

<div>Home</div> <div>What will 'home' be like for you?</div> <div>i.e. location, set-up</div>
<div>Activities</div> <div>How will you spend your days?</div> <div>e.g. work, volunteering, activities, hobbies</div>

table continues on next page...

People

Who will be the significant people in your life?

This could be specific people you can name, or roles that you want someone to have in your life, e.g. a partner, a great group of friends.

Health and Wellbeing

What will your health and wellbeing be like and how will this be supported?

i.e. general health, mental health, systems to support feeling well