



I Want a Good Life

Supporting My Life
with My Plan

Workbook



I Want a Good Life: Supporting My Life with My Plan Workbook

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For online access to this booklet, please go to:
<http://www.vcu.edu/partnership/cdservices>
and click on person-centered resources.

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This workbook was prepared
with assistance from:

Team 6* of the
Person-Centered Planning
Leadership Team**

In collaboration with the
Partnership for People with Disabilities
May 2007

*a small enthusiastic group of
self-advocates and supporters

**The PCP Leadership Team was established by the Virginia Department of
Mental Health, Mental Retardation, and Substance Abuse Services

I want my life:

★ To be
filled
with
joy and
happiness



Some examples of *joy and happiness* are:

★ ...

★ ...

★ ...

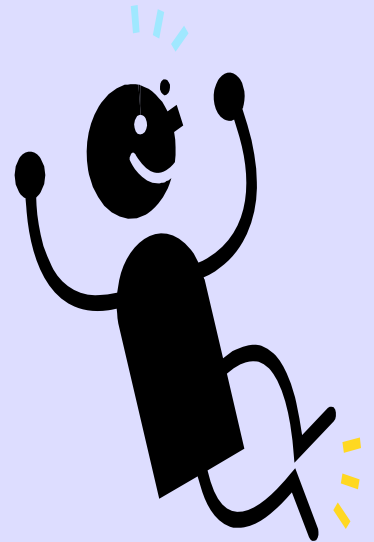
★ ...

★ ...

★ ...

★ ...

★ ...



I want:



★ to
have
dreams
for my
future

Some examples of
my dreams are:



✧ ...

✧ ...

✧ ...

✧ ...

✧ ...

✧ ...

✧ ...

✧ ...

I want my life:

to
include
the
people I
love and
like



Some examples of
people I want in my life
are:

✧ ...

✧ ...

✧ ...

✧ ...

✧ ...

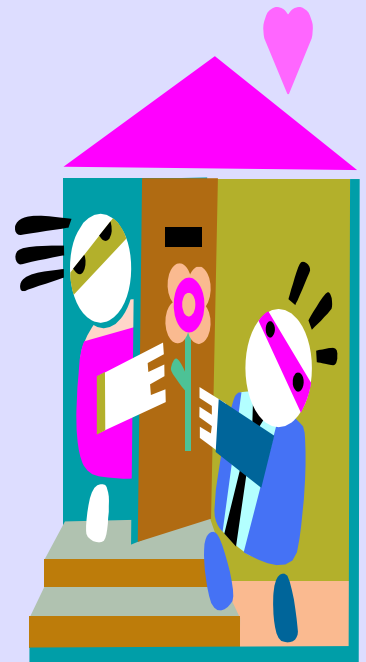
✧ ...

✧ ...

✧ ...

✧ ...

✧ ...



I want:



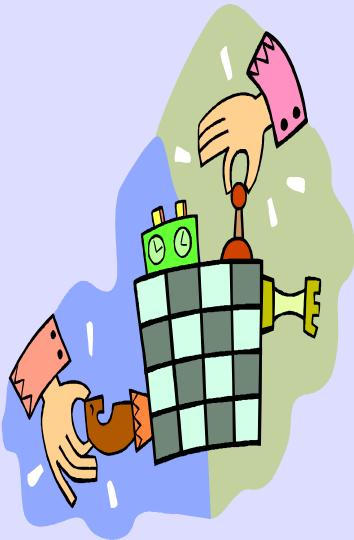
to live
in my
own
place

Some examples of
*my own place and what I
want in my place* are:



I want:

★ to do
things I
enjoy



Some things I like to do

are:



■

■

■ ...

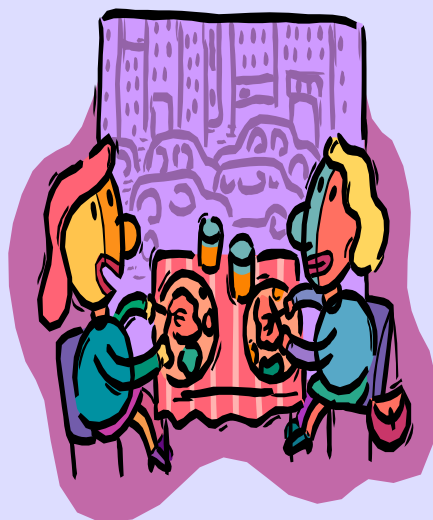
■ ...

■ ...

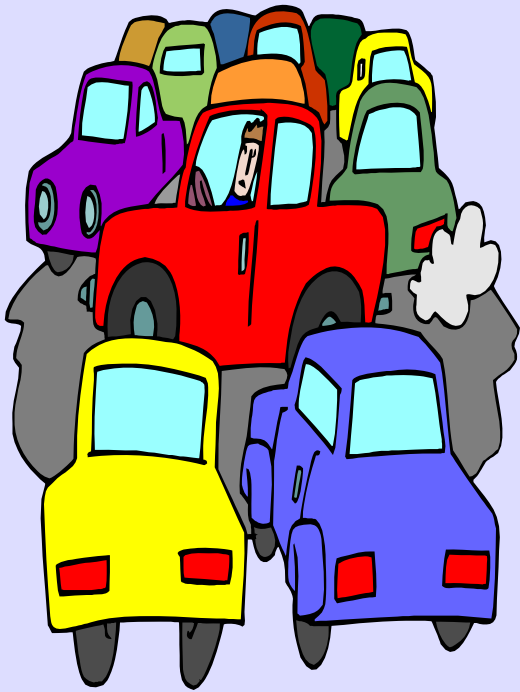
■ ...

■ ...

■ ...



I want:



■ *to have a
car or
transportation
that I can
count on*

My own

transportation means:

 ...

 ...

 ...

 ...

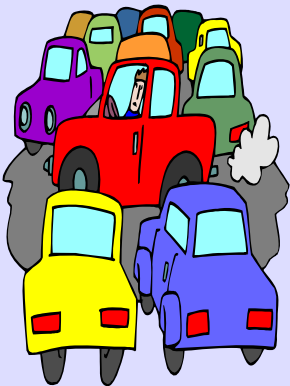
 ...

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 ...



I want:



★ to be
healthy
and
safe



Some **things** I can do to be healthy and



safe are:

■ ...

■ ...

■ ...

■ ...

■ ...

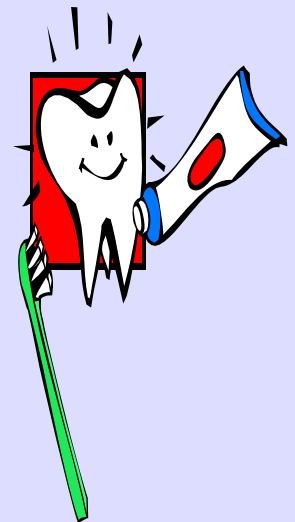
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■ ...

■ ...

■ ...

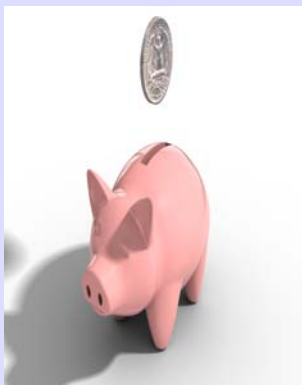
■ ...



I want:



★ to
have
my
own
money

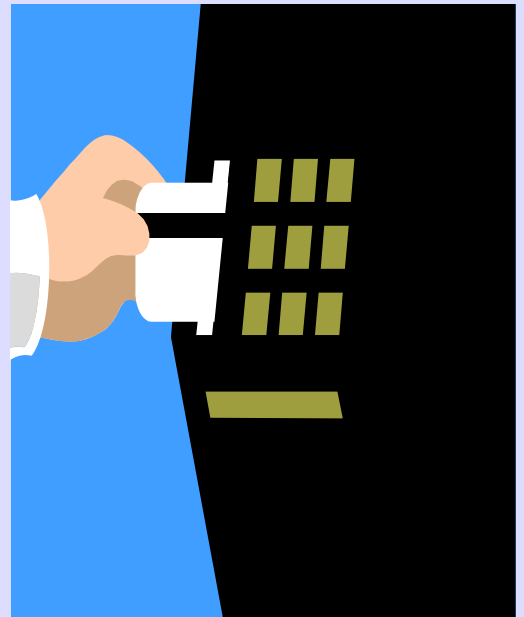


It would be nice to have
enough **money** to:



I want:

**to have my
own
checking
account
and bank
card**



Having **my own account** means:



■ ...

■ ...

■ ...

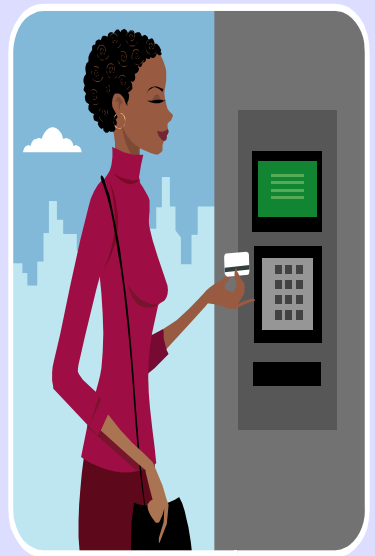
■ ...

■ ...

■ ...

■ ...

■ ...



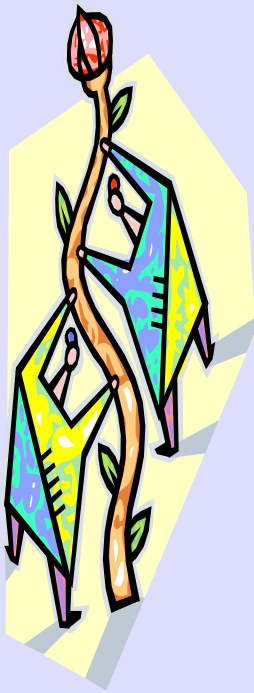
I want:



to contribute
to my
family and
community



I can *contribute* by:



★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

I want:

★ To
learn
new
things



Some examples of *what I want to learn* are:

⇒ ...

⇒ ...

⇒ ...

⇒ ...

⇒ ...

⇒ ...

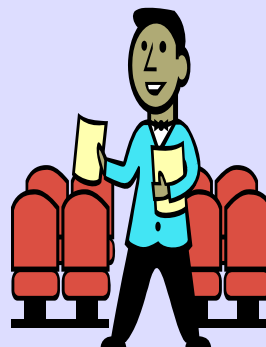
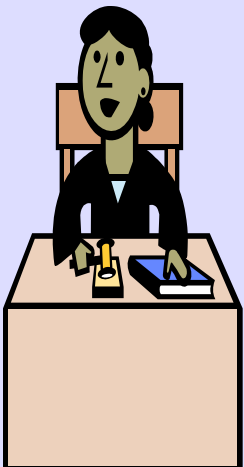
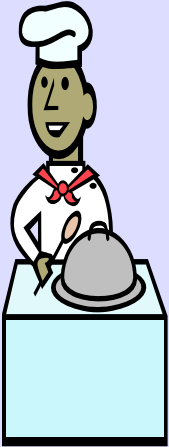
⇒ ...

⇒ ...

⇒ ...



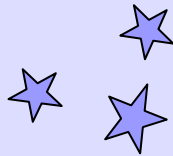
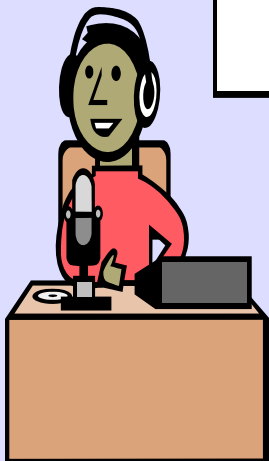
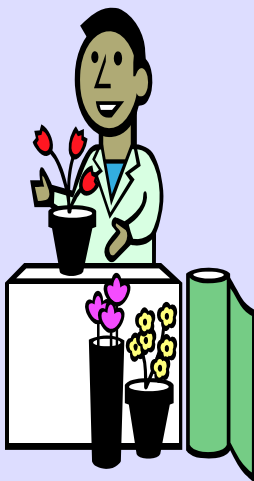
I want:



■ *to*

work!

Some examples of the
work I want to do are:



❖ ...

❖ ...

❖ ...

❖ ...

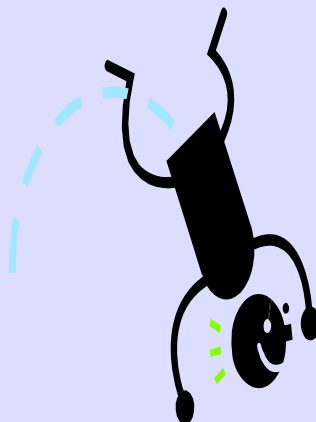
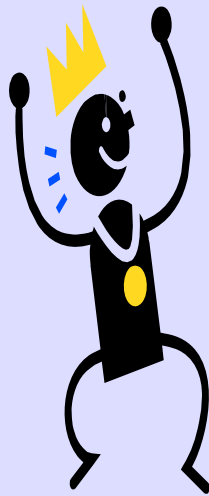
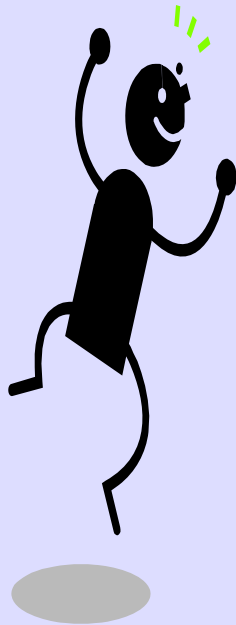
❖ ...

❖ ...

❖ ...

❖ ...

There are **great**
things about all of us!

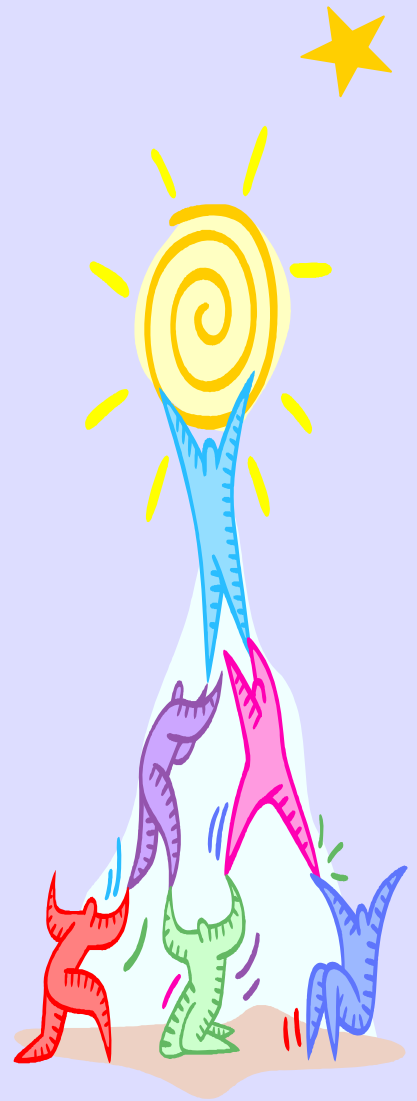


Some **great things**
about me are:



I need support

★ to live
the life I
want



Some examples of
the **support** I need are:

■ ...

■ ...

■ ...

■ ...

■ ...

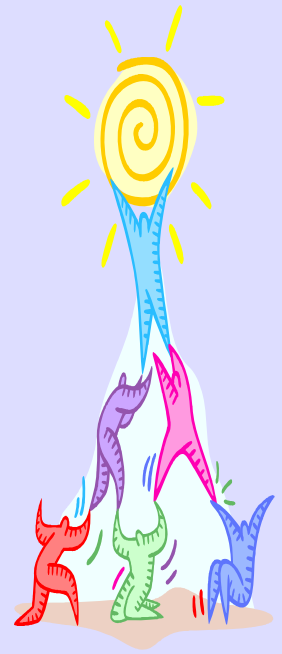
■ ...

■ ...

■ ...

■ ...

■ ...



I need:

★
people
to help
me



It is important that

people who help

me are:

☒ ...

☒ ...

☒ ...

☒ ...

☒ ...

☒ ...

☒ ...

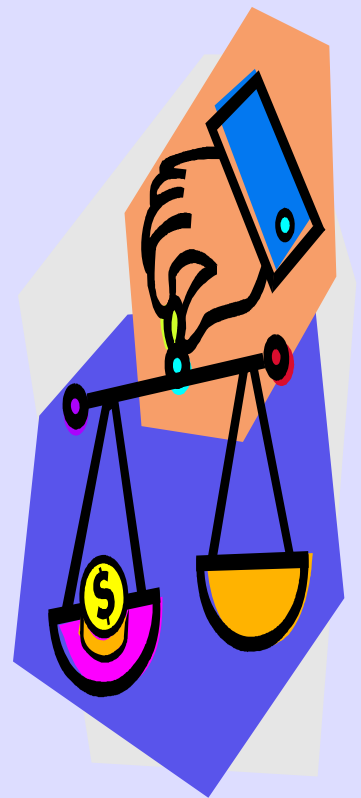
☒ ...

☒ ...



I know:

- That I have a certain amount of money to buy supports
- That I want to buy supports that match what I want and need



Did we match my plan with what I want?

■ What makes me happy	yes	no
■ My dreams	yes	no
■ People that I like	yes	no
■ Where I want to live	yes	no
■ Things I like to do	yes	no
■ Ways to travel	yes	no
■ Having my own money	yes	no
■ My checking account	yes	no
■ How I contribute	yes	no
■ New things I want to learn	yes	no
■ My work	yes	no
■ Support I need	yes	no
■ People who support me	yes	no




If my plan matches what I want, then...

- I am listened to – I have a voice – I listen to others
- I am respected – people are nice to me
- I respect others – I am nice to others
- I have choices – I am responsible for my choices
- I have friends and family that I see often
- I am a part of my community – I have found groups, organizations, and social activities that interest me

I HAVE A
GOOD LIFE!





Additional thoughts about my life and plan...



Additional thoughts about my life and plan...



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