

What will help me live a good life?



What I do



What I hope for



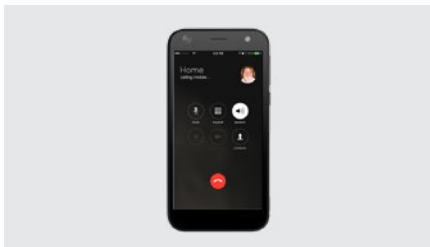
What I find hard



Name



Where I live



Phone Number



Date



This book is about what you need to live a good life.



A good life means doing things that are important to you and make you happy.



Is your life good now?



Most people say that

- some parts of life are good
- some parts are OK
- some parts of life are bad.



This book helps you think about your life.



It talks about

- what you like and do not like
- what is hard for you
- what you hope for



It will help you **plan** your good life!

A **plan** has ideas to help you do the things you want.



It will help you tell your behaviour support team what you want.



To help you decide what you want you can think about

- what you like doing now
- what you do not like doing now
- what you find hard
- what you would like to do more of



Have a look at what Lily likes to do.

What I like to do



This is what I like to do



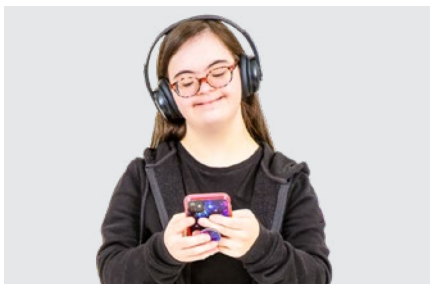
I like my work program.



I like to cook with my mum.



I like going to social group sometimes.



I like music.

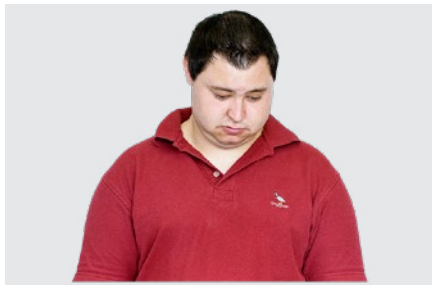


What do you like to do?

What are the things that are important to you?

You can write or draw your answer here.

Things I find hard



There might be things that you find hard.



It might be things that

- you do not like
- make you angry or sad
- you want to change



These things might stop you from getting a good life.



You can speak up about the things you are not happy about.



It is important your supporters understand how they should support you.



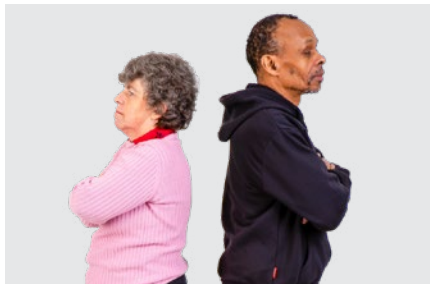
Have a look at the things that Lily finds hard.



This is what I find hard



I do not like people to rush me.



I do not like it when people talk to me when I am angry.



It makes me angry when people do not let me make my own decisions.

Are there things that you find hard?



Yes



No



I need help to decide

You can write or draw your answer here.

A large empty rectangular box for writing or drawing an answer.

What I want to do

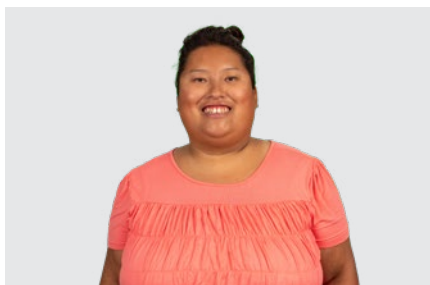


There might be things you want to do.

You might want to try something different.



You can tell your behaviour support team what you want to do.



Have a look at what Lily wants to do.



This is what I want to do



I want to go out dancing on the weekends.



I want to spend more time with my friends.



I want to cook more.

Is there anything you want to do more of?



Yes



No



I need help to decide

Do you want to try something different?



Yes



No



I need help to decide

You can write or draw your answer here.

A large empty rectangular box for writing or drawing an answer.

My Hopes and Dreams



We all have **hopes and dreams** for the future.



Hopes and dreams are the things

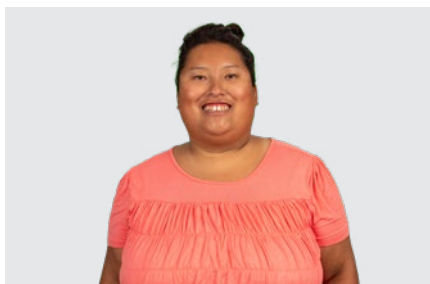
- we hope will happen
- we look forward to.



You can tell your behaviour support team about your hopes and dreams.



It helps them to understand you better.



Have a look at Lily's hopes and dreams.



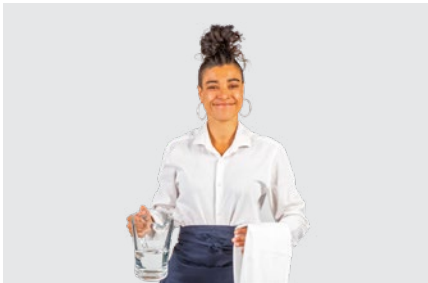
This is what I hope for



I want to live with my best friend.



I want to get married one day.



I want to work in a café.



What are your dreams?

What do you hope will happen?

You can write or draw your answer here.



In this book you have talked about

- the things you want to do
- the things you find hard
- your hopes and dreams.



You can share this book with your
behaviour support team.