

Workbook 2

my **choice** matters

A project of Council for Intellectual Disability

Living Life
My Way

What will give me a good life?



What I do



Who I know



What I hope for





My name

Where I live

My phone number

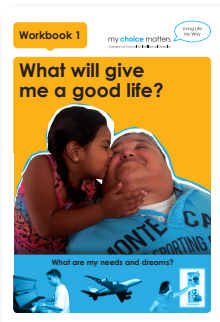


The book you are looking at has ideas about what will give you a good life.



You can use this book

- by yourself
- with your family
- with a friend
- with a group of people.



There are 3 books that will help you say what will give you a good life.

They are called

- What are my needs and dreams?
- What I do
Who I know
What I hope for
- Can funding get me a good life?



Is your life good?



Most people say that

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



But it can be hard to work out what you want to keep happening in your life.

And what you want to change.



This book helps you think about things that can make your life good.



This book talks about

- what you do each day
- the people you know
- your hopes and dreams.



This will help you plan your good life!

A plan has ideas to help you achieve what you want.



It will help you tell other people what you want.

Like your family, friends and the people who support you.



You can also tell the National Disability Insurance Scheme.

This is called the NDIS.



On pages 4, 5, 6, 7, 8, 9 and 10 there are some spaces for you to say what you do now.

You can say what you like doing.

And what you do not like doing.

What do I do each day?



Write or draw what you do on **Monday**



Tick the things you like.



Cross the things you do not like.

Monday



Morning



Afternoon



Night



Write or draw what you do on **Tuesday**



Tick the things you like.



Cross the things you do not like.

Tuesday



Morning



Afternoon



Night



Write or draw what you do on **Wednesday**



Tick the things you like.



Cross the things you do not like.

Wednesday



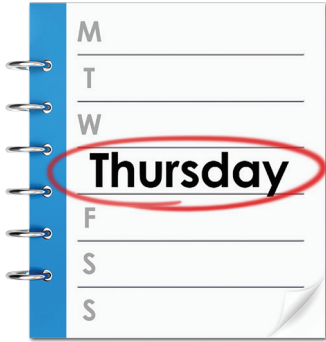
Morning



Afternoon



Night



Write or draw what you do on **Thursday**



Tick the things you like.



Cross the things you do not like.

Thursday



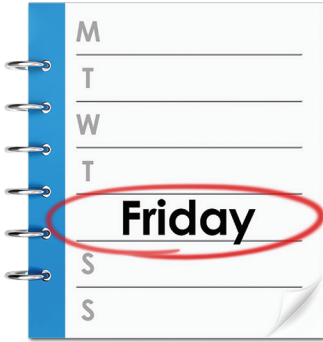
Morning



Afternoon



Night



Write or draw what you do on **Friday**



Tick the things you like.



Cross the things you do not like.

Friday



Morning



Afternoon



Night



Write or draw what you do on **Saturday**



Tick the things you like.



Cross the things you do not like.

Saturday



Morning



Afternoon



Night



Write or draw what you do on **Sunday**



Tick the things you like.



Cross the things you do not like.

Sunday



Morning



Afternoon



Night

Now you have said what you do each day and



- you have ticked the things you like



- you have crossed the things you do not like.



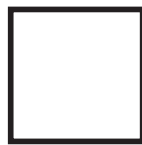
You can talk to someone you trust about what you wrote.



Yes



Not
Sure



No


We have also made some questions to help you think more about what you want to do in your life.

The questions start on page 12.







These questions are to help you think about what you want to do each day.

Answer the next 4 questions.







Am I happy with everything I do now?

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No






Do I want to spend more time doing something?

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No






Do I want to do any extra things each week?

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No



Do I want to stop doing anything?

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No

Examples of what Shu-Hua, Jack and Matthew love to do



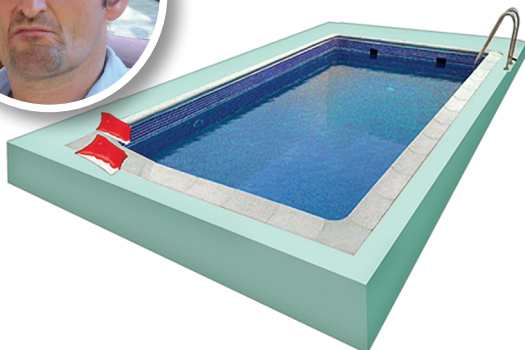
Shu-Hua loves animals.

She would like to spend more time with animals



Jack wants to get a job.

He would love to be a policeman



Matthew loves swimming in the pool.

Matthew would love to do more swimming.

Write or draw any things you want to do more.

You can look at what you do each day on pages 4 to 10 to get ideas.

You can also look at the examples on page 13.

A large white rectangular area for writing or drawing, framed by a blue header. The header contains eight white icons: a person reading, a person at a microscope, a sun, a paintbrush, a person kicking a ball, a potted flower, a trumpet, and a family of four.

Are there any things you want to stop doing?

You can look at what you said you do not like on pages 4 to 10.

Write or draw your answers below.

A large white rectangular area for writing or drawing, enclosed in a black border. At the top of this area is a blue header bar containing seven white icons: a person riding a bicycle, a television set, a person pushing a shopping cart, a person swimming, a female silhouette, a bowling ball and pins, and a person walking a dog.

The people I know



A big part of what makes life good or bad is the people you know.



Sam knows lots of people who care about him.

This makes him happy.



Li wants to know more people.

She says that she is lonely.






The next questions will help you think about the people in your life.

Answer the next 4 questions.







Do you spend time with people who are in your family?

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No






Do you know people who you would like to see more?

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No






Would you like to know more people?

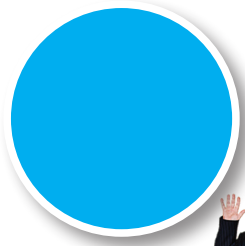
		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No



Are there people you would like to see less?

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No

Examples of people who are important to Jonathon, Margaret and Jacob



Jonathon has a family and friends.

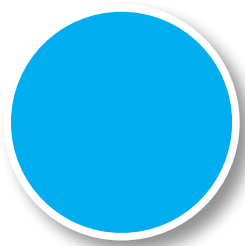
He talks to them about things he needs to decide.



Margaret hosted a Christmas party for people who live near her.

Now she knows people in her local area.

It makes Margaret happy to talk with people she knows.



Jacob loves going out with his friends.

He goes to see bands and meets other people who like the same music.

Who are all the people you know?

Write or draw your answers below.

A large white rectangular area for writing or drawing, framed by a blue header. The header contains several white icons: a smiley face, three people standing together, two speech bubbles, two people high-fiving, a house with a family inside, a heart, and two people playing soccer.

My hopes and dreams



Something that can make life good is having hopes and dreams for the future.

That means having something to look forward to.



Job



Pet

Dreams can be big or small.



You may know how to get what you dream for.



You may not know if you can achieve your dream.



That does not matter.

You can

- ask for help
- talk to people who have the answers
- look up information.



Think about your dreams.

Examples of hopes and dreams for the future



Young-Joo would love a job as an Auslan interpreter.



Charitha's dream is to travel to America.

He wants to go to Las Vegas.



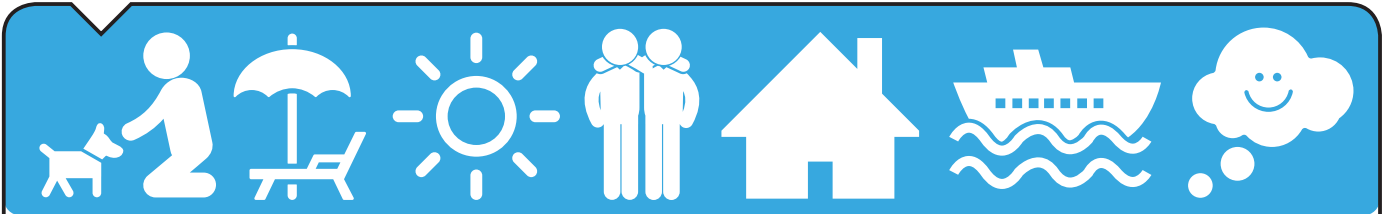
Leigh wants to get married.

He wants to have children.

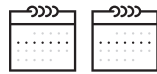
What are your dreams?

What do you hope will happen?

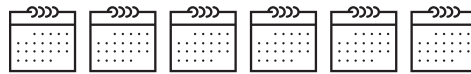
You can write or draw your answers below.



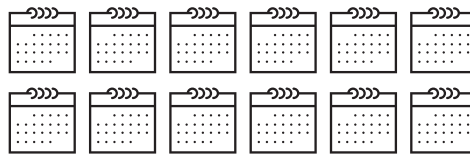
In 2 weeks?



In 6 months?



In 12 months?



In 5 years?





You have now thought about

- what you do each day
- the people in your life
- your dreams.



Look at what you have said in this book.

Think about the things that make you most happy about your life.



There are 2 questions for you to answer below.

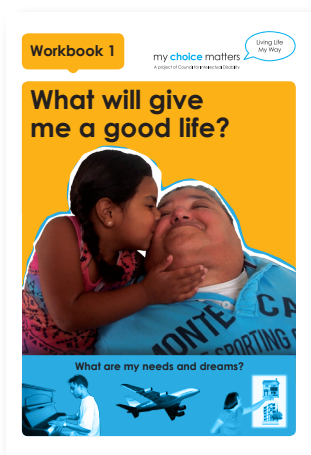
Write or draw your answers below.

What is the best thing in your life?

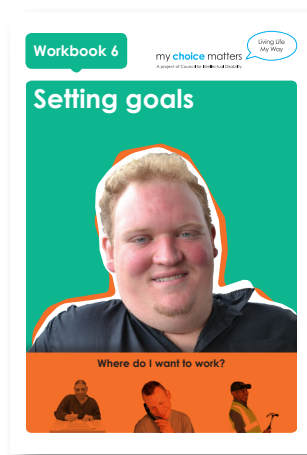
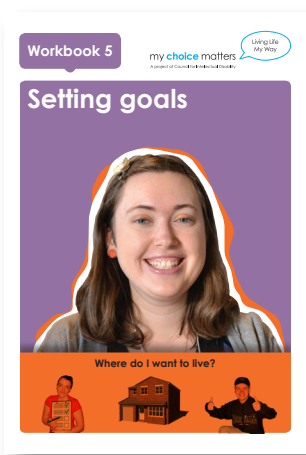
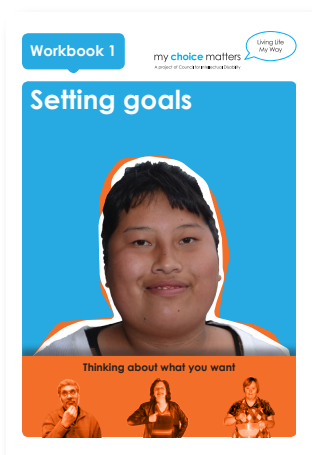
What is 1 thing you would like to change in your life?

Do you want to know more?

You can get more ideas from these books about good life.



You can get ideas from these books about goals.



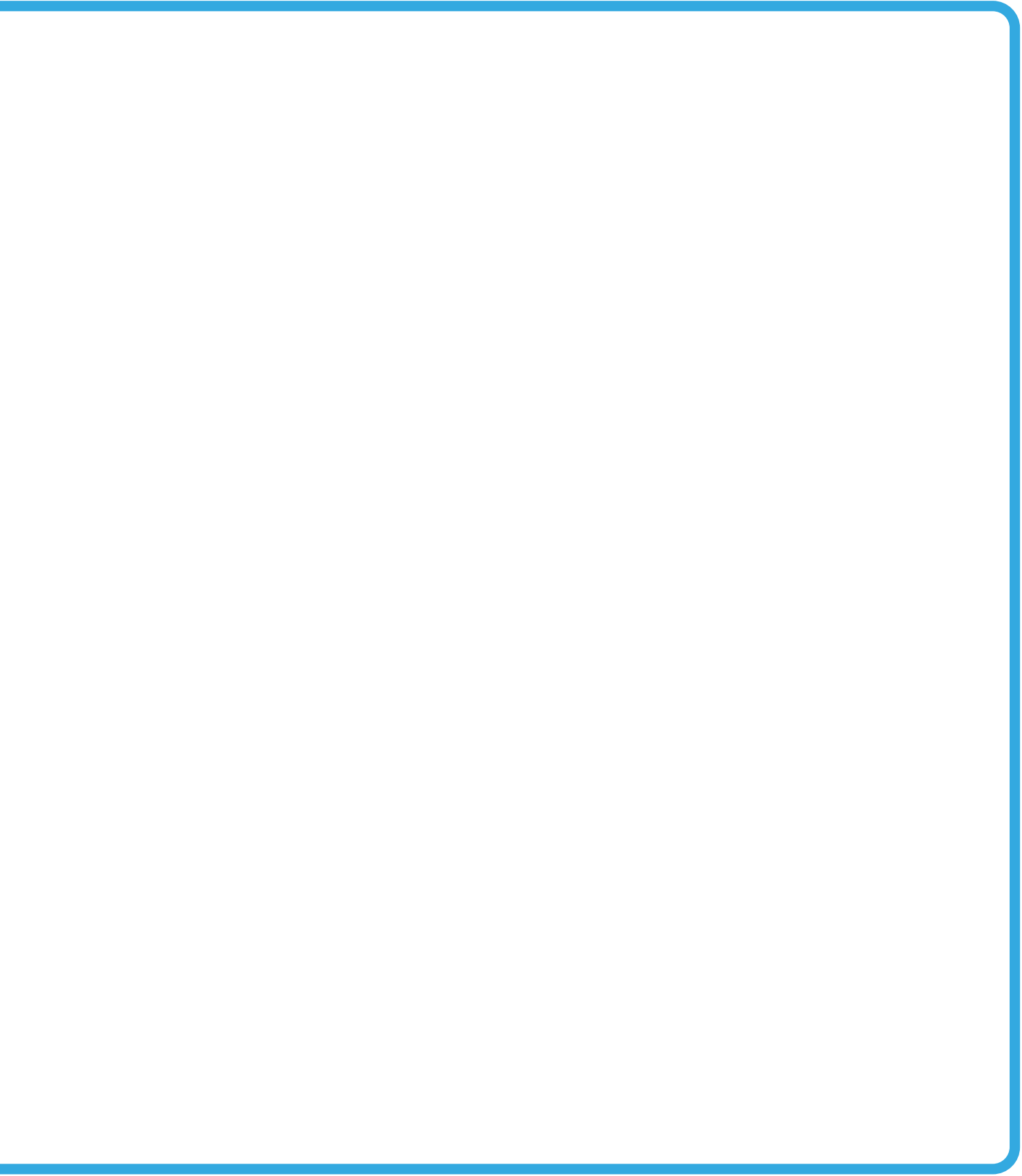
You can contact **Council for Intellectual Disability**.

The ways you can contact us are on the last page.

Thinking space

Here is a space for you to write or draw any other things about what you do, who you know and what you hope for.





Ways you can contact us



Council for Intellectual Disability

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my **choice** matters

Living Life
My Way



Council for
Intellectual Disability



This book was made by **My Choice Matters**
a project of Council for Intellectual Disability.



Based on a workbook made by

Barbel Winter who is the Managing Director
of **futures Upfront**.





 **1800 424 065**

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