

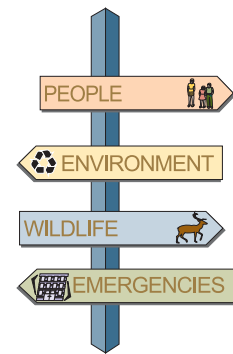
MY CHOICE, MY FUTURE

Making Informed Choices

JOB



VOLUNTEER



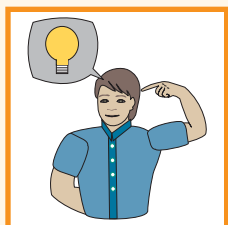
CLASSES



This booklet helps you tell your family, friends and teachers what you want in your future. It shows you how to be self-directed using Think–Plan–Do to make your own plan.

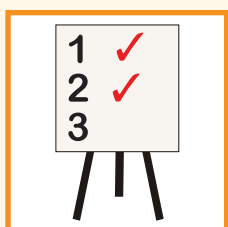
Here is how it works:

Think



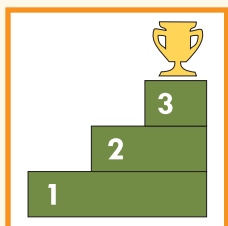
What I want to do.

Plan



Who will help me to get there.

Do



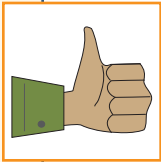
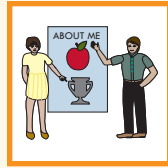
Follow my plan for my future.

HOW TO USE THIS BOOKLET

This booklet will help you decide what you want to do in the future. You can show it to people when you have your team meetings. It is about making your own choices!

1. Ask someone you trust to help complete the booklet.
2. Take time to fill in your answers.
3. Share with your family, friends and team members.

IMPORTANT THINGS TO KNOW ABOUT ME



Things I am good at: _____

Things I like to do:



At home _____



In my community _____

More to know about me:

I am:

Quiet

Talkative

I like:

Being around people

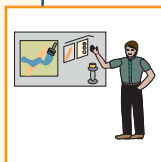
Being by myself

Noisy places

Quiet places

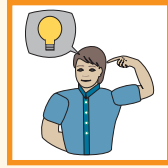
Being inside

Being outside



THINK

WHAT I WANT TO DO



I want a job

My idea of a good job _____



I want to volunteer

What I will do _____

Where _____



I want to take classes

Go to college _____

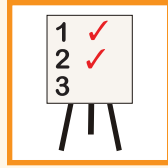
I want to learn about _____

HELP I WILL NEED

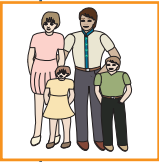

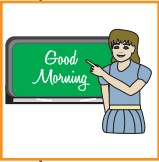

- Finding places in my community.
- Finding people who know about what I want to do.
- Places to work or volunteer.
- Transportation.

PLAN

MY SUPPORT TEAM

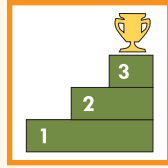


People I know who can help me with my plan.

	Name	How they can help me
	Family _____ _____	_____ _____
	Friends _____ _____	_____ _____
	Teachers _____ _____	_____ _____
	Others in my community _____ _____	_____ _____

DO

GETTING STARTED



What I will do to get started:




By Myself _____
With My Family _____
With My Friends _____
At School _____
In the Community _____

What my Team will do to help me get started:



Family _____
School _____
Others _____

We agree:

My signature  _____
Family member _____
School member _____
Others _____

