A Workbook for Personal Planning

Acknowledgements

This guide is the result of a collaborative effort between Consumers, Advocates, Providers, staff from Maine's Department of Mental Health/ Mental Retardation and Substance Abuse Services, and the Institute for Public Sector Innovation at the University of Southern Maine.

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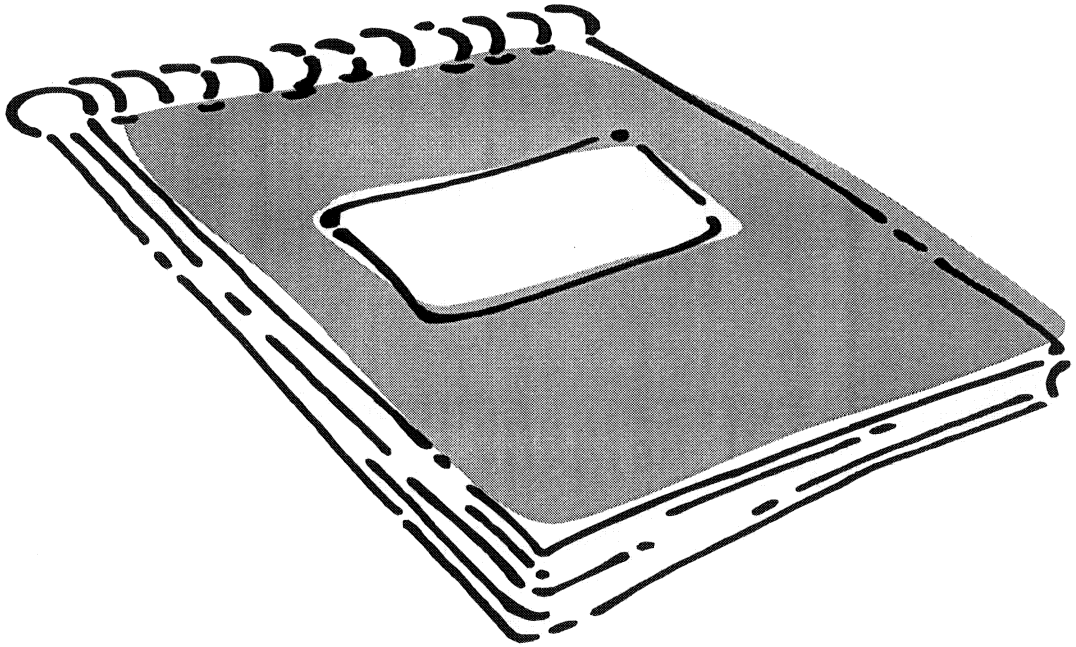
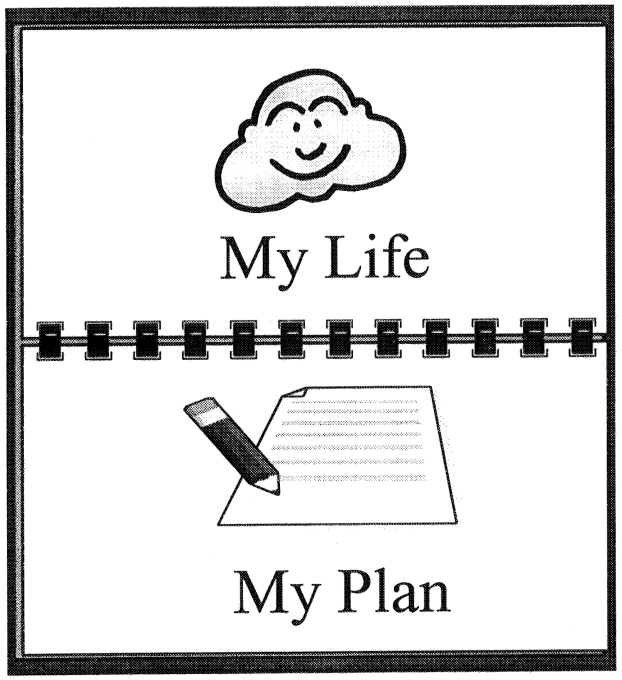
The personal planning process is described in

"It's Your Life-What's Your Plan? A Consumer Guide to Person Centered Planning".



Use this workbook to help prepare for your planning meetings.

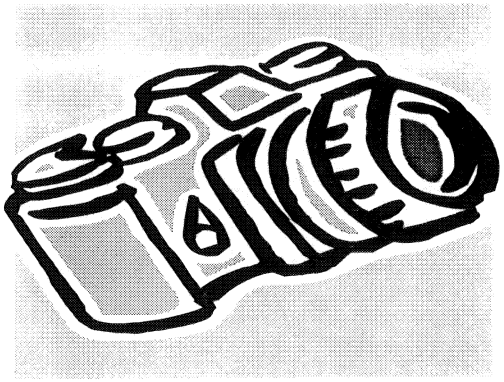
This workbook will help you tell your life story.



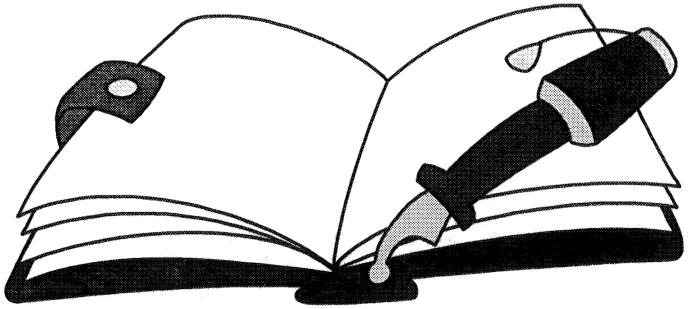
It can help you plan what you want to happen in your life.

You Can Tell Your Story Many Ways

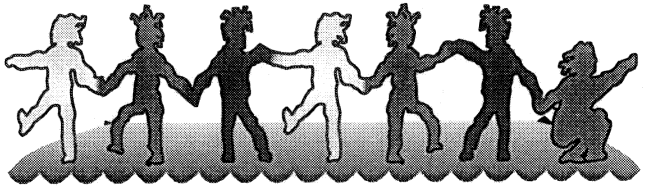
You can ask for help telling your story if you want it.



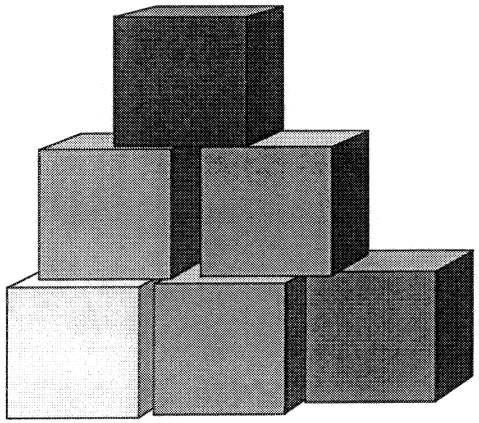
photographs



written story

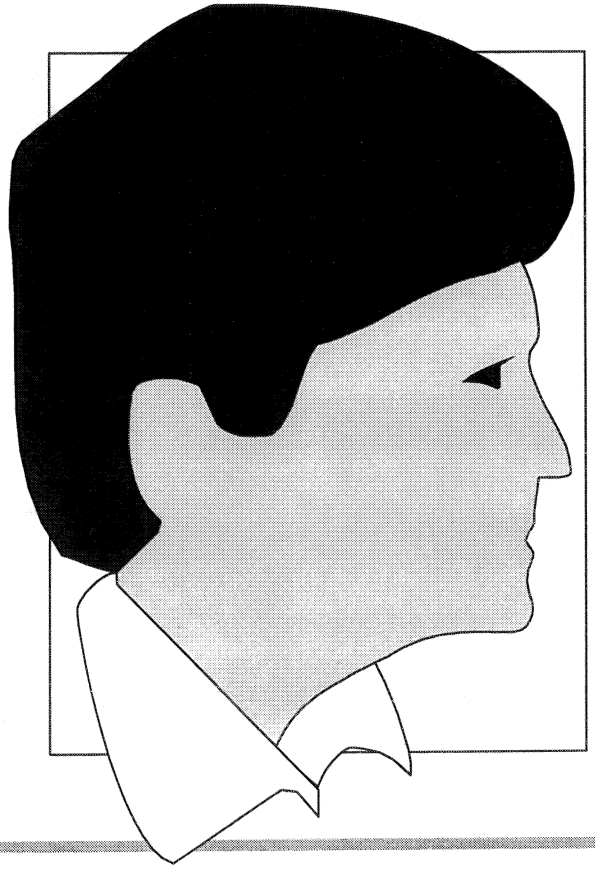


relationship maps
life lines



collages

Ask yourself some questions about who you are.



Who am I?

What is my life story?

Ask Yourself:

- **What am I good at doing?**

  _____

  _____

- **What are some good things that happened this year?** _____

  _____

  _____

What things are really important in my life?

What are my dreams for the future?

What are my hopes and fears?

Hopes: _____

_____

_____

What would help?

_____

Fears: _____

_____

What would help?

_____

This makes me feel safe:

_____

_____

_____

_____

_____

_____

_____

_____

This is not safe for me:

_____

_____

_____

_____

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_____

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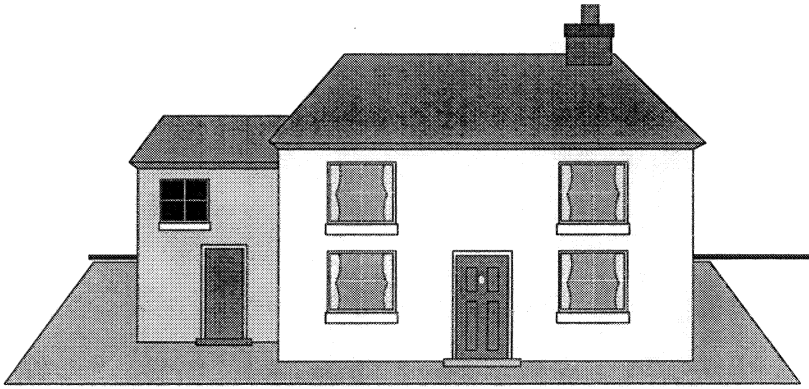
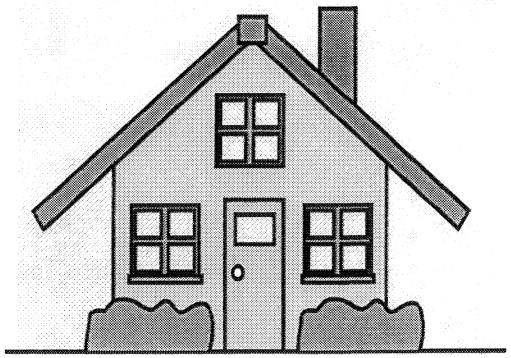
_____

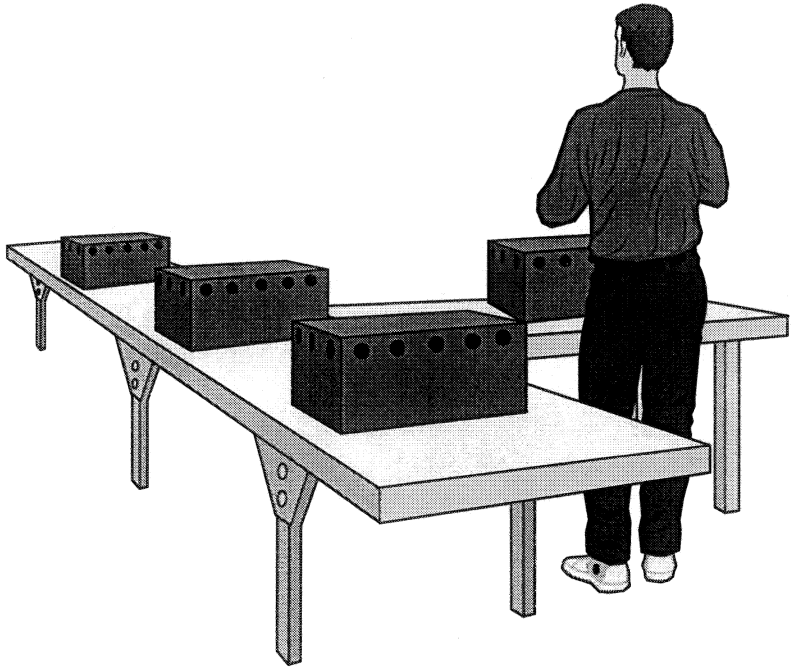
What do I like about where I live?



What do I want to change about where I live?

What would help?





- **What I do for work.**

  _____

  _____

- **What would I like to change about my work?**

  _____

  _____

- **What would help?**

  _____

What do I need to stay healthy?

_____

_____

_____

What would help?

_____

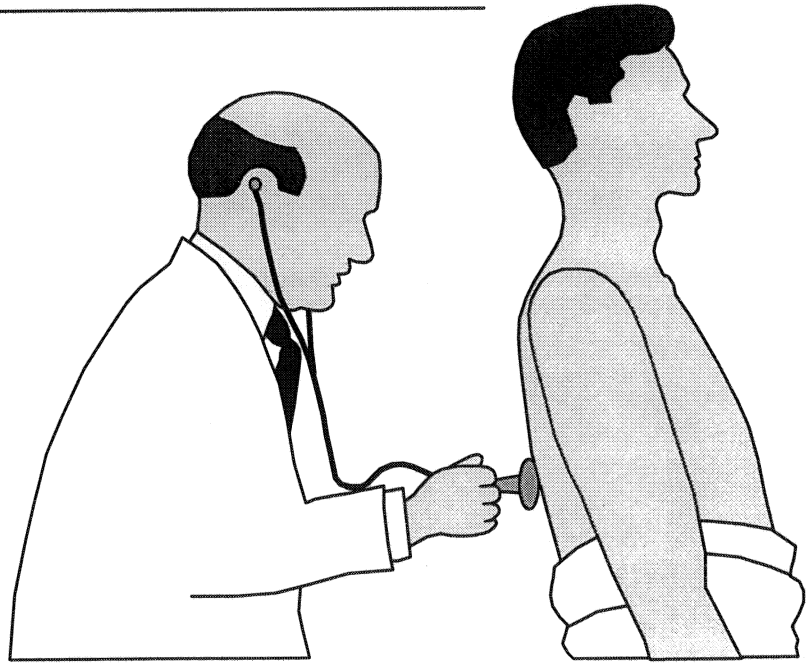
_____

_____

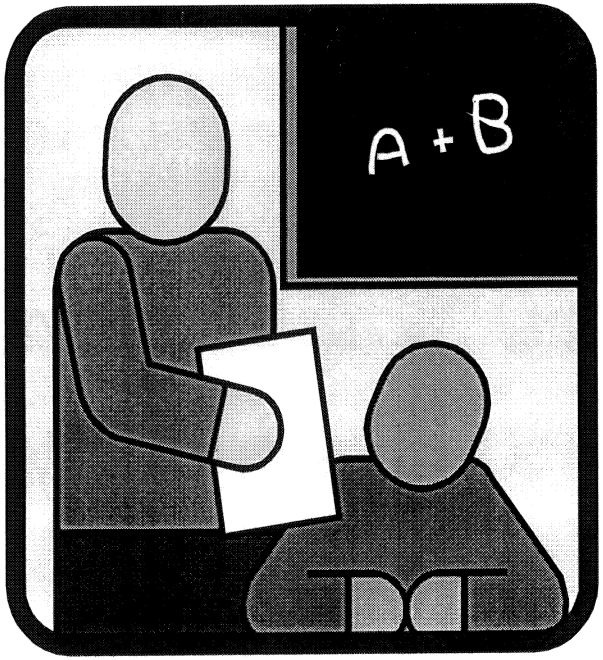
_____

_____

_____



My education



- **What I'd like to learn:**

_____

_____

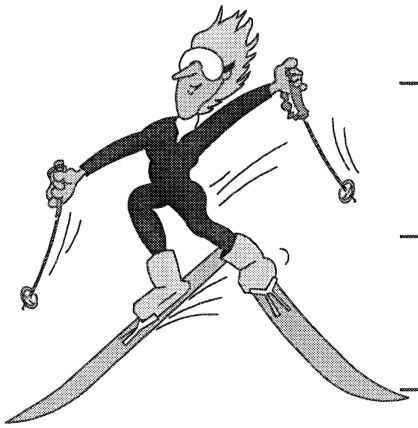
- **What would help?**

_____

_____

_____

What I do for fun.



_____

_____

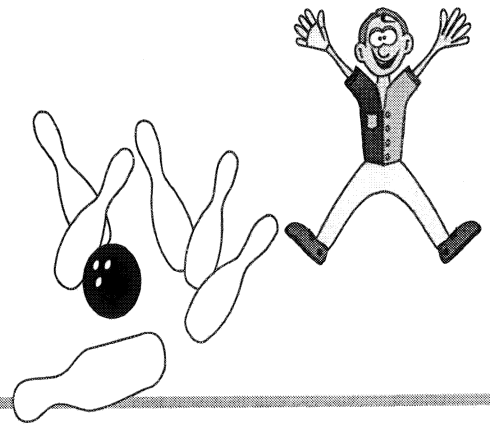
_____

What I would like to try.

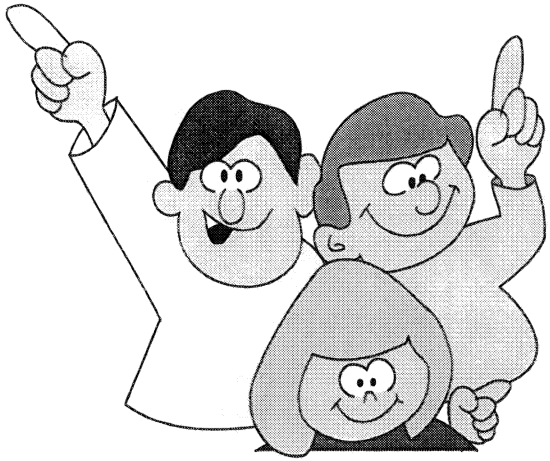
_____

What would help?

_____



What would I like to do with my family?



_____

_____

What would help?

_____

_____

_____

My religion

- **Where I go to church.**

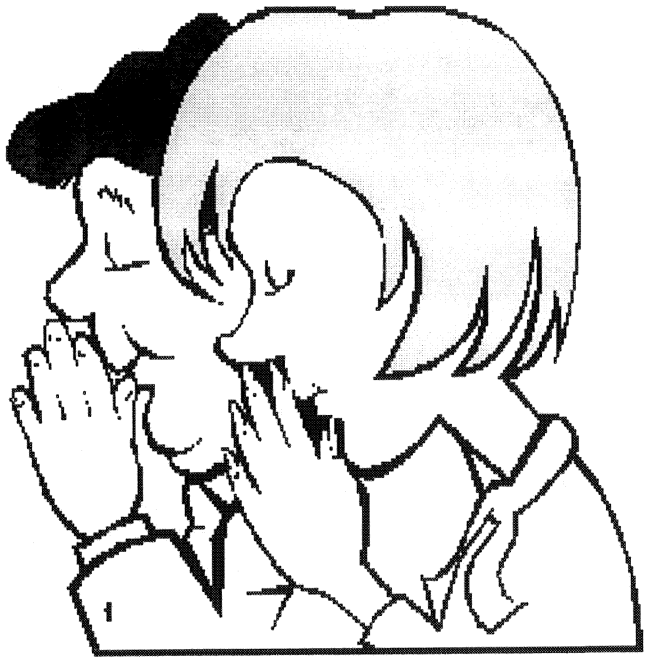
  _____

  What Church activities would I like to try?_____

  _____

- **What would help?**

  _____



What would I like to do with my money?

Income:

_____

_____

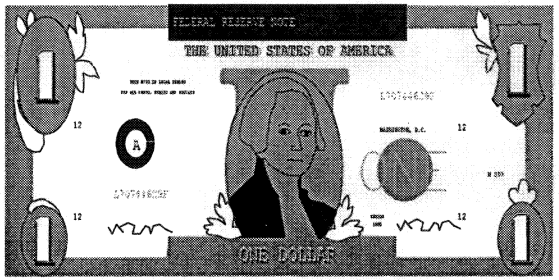
_____

_____

_____

_____

_____



Expenses:

_____

_____

_____

_____

_____

_____

_____

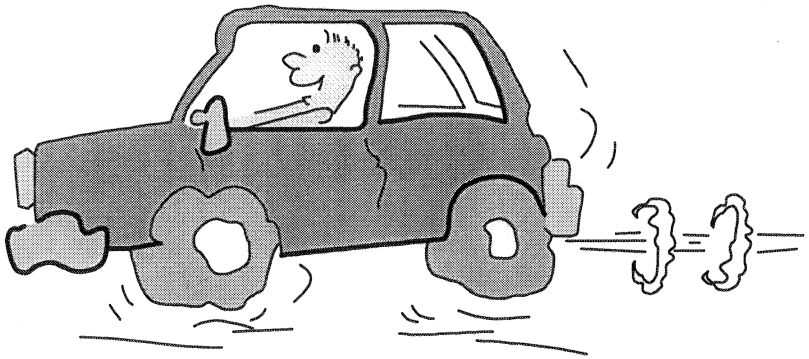
What would help ?

_____

Transportation

•How I get to places now.

_____



- How I'd like to travel:

_____

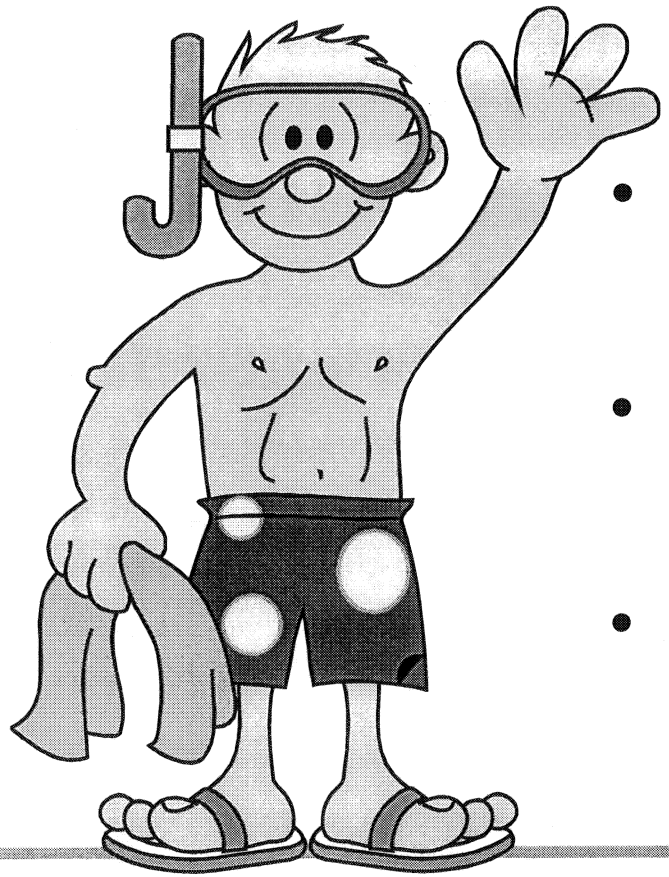
What would help?

_____

_____

_____

Vacation and Travel



- Where I've been:

  _____

- What I've done:

  _____

- Where I want to go:

  _____

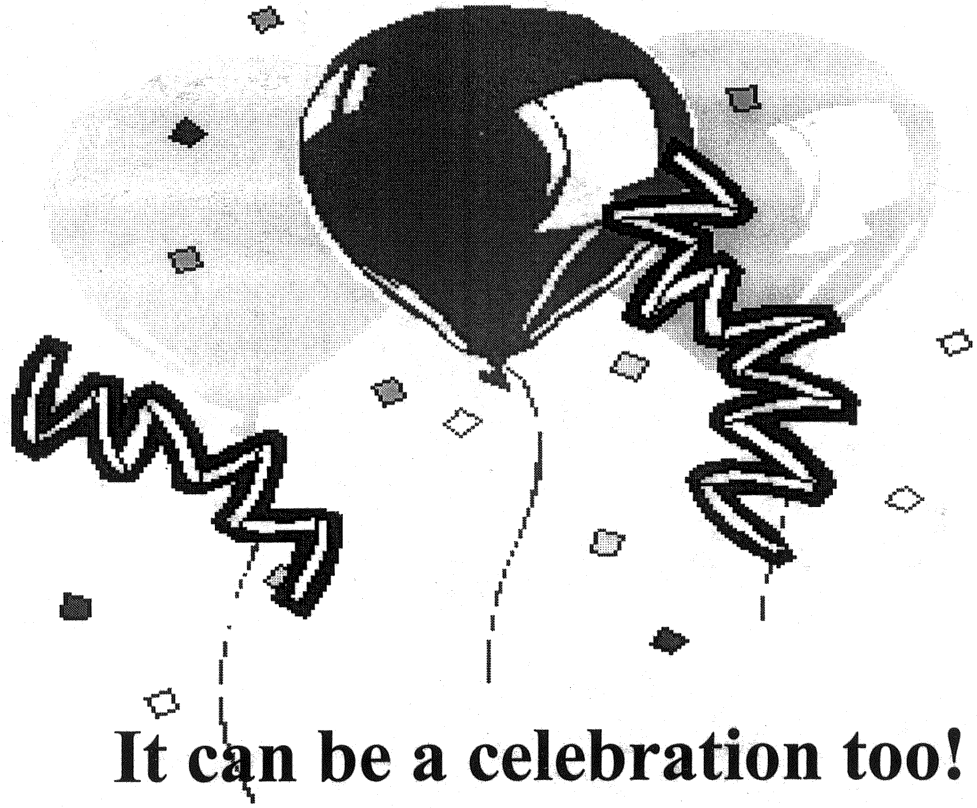
- What would help?

  _____

You choose

- Who you want to invite to your planning meeting.
- Where to have your meeting.
- When to have your meeting.
- What you want to talk about at your meeting.
- What you don't want to talk about at your meeting.
- Who will help you run your meeting, or will run your meeting for you.

Remember, this is your plan.



It can be a celebration too!