



PERSON CENTERED LIFE DESIGN PLANNING Booklet

For SELF ADVOCATES & their Families
To assist in planning for positive and possible futures
& self-directed IEPs.

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Original MAP process: Marsha Forest & Jack Pearpoint

Adapted Person Centered Planning Process: Bridget Brown and Nancy Brown©2000



MY LIFE DESIGN

My Personal Mission Statement:



History Overview:

What is your life story? What is important about your life journey?

What are you doing now?

Bring the Best Forward & CELEBRATE your accomplishments. What are you proud of?



GIFTS AND STRENGTHS

What are you good at doing? What do you like to do? What are some things you have done that you really enjoyed? What makes you happy?



DREAMS

What are your **BIG** dreams for your life? Pretend you have a magic wand! Anything is possible! What would you like to do in your life? What kind of person do you want to be? Think of future dreams and dreams for this year.



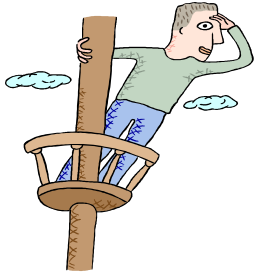
Concerns and fears

What are you afraid of in your future? What do you worry about? What would make you sad?



SUCCESS STRATEGIES:

I AM SUCCESSFUL WHEN ...

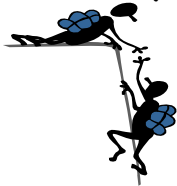


FUTURE SEARCH ~ Positive and Possible clear goals!

Just plan for 1 year. If next year was "*the best year ever*" in your life, what would you do? Make sure it is **POSITIVE** and **POSSIBLE**! Pretend it is one year from now and you say "It was the best year ever!" Tell us what that year looked like!

NEEDS

What do you need to succeed? Who do you need to help you?



ACTION PLAN What do you need to do now to make your positive and possible

plans happen ? Who will do it and when?



WHAT ?

WHO?

WHEN?

<u>WHAT ?</u>	<u>WHO?</u>	<u>WHEN?</u>