

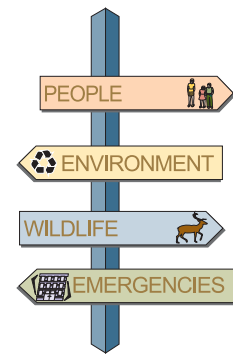
# MY CHOICE, MY FUTURE

## Making Informed Choices

**JOB**



**VOLUNTEER**



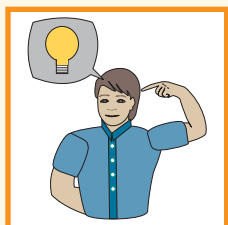
**CLASSES**



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.

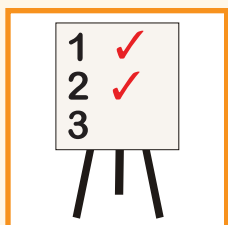
Here is how it works:

**Think**



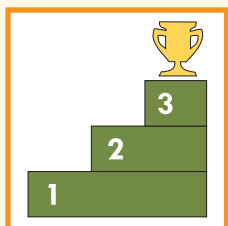
What I want to do.

**Plan**



Who will help me to get there.

**Do**



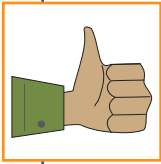
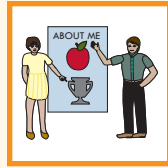
Follow my plan for my future.

## 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

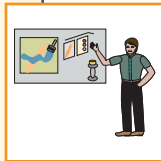
Being by myself

Noisy places

Quiet places

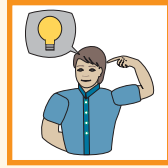
Being inside

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 \_\_\_\_\_

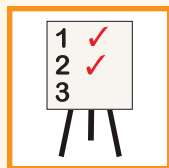
I want to learn about \_\_\_\_\_

## HELP I WILL NEED

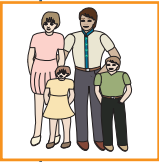

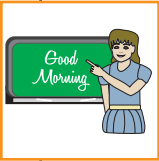

- Finding places in my community.
- Finding people who know about what I want to do.
- Places to work or volunteer.
- Transportation.

# PLAN

## MY SUPPORT TEAM

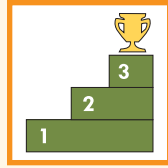


People I know who can help me with my plan.

	Name	How they can help me
 <b>Family</b>	_____ _____	_____ _____
 <b>Friends</b>	_____ _____	_____ _____
 <b>Teachers</b>	_____ _____	_____ _____
 <b>Others in my community</b>	_____ _____	_____ _____

# 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 \_\_\_\_\_

