



PLANNING FOR MY FUTURE

My name is: _____ Age: _____

When I think about my future, here's what I like to do today and what I dream about doing in the future.

My top 3 favorite free time activities are:

1. _____

2. _____

3. _____

In the future, I would like to do more fun activities in these areas:

1. _____

2. _____

3. _____

During the day, I go to:

(Circle all that apply and give details)

School _____

Work _____

Volunteer _____

Do you want to continue school or go back to school? Yes or No (circle your answer)

If yes, what do you want to

study? _____

I work or volunteer and:

Some things I like about my work/volunteer position are:

Some things I don't like about my work/volunteer position are:

What job characteristics are important to you? (Circle choices)

- | | |
|-----------------|------------------------|
| Work Alone | Work with Other People |
| Quiet Workplace | Loud Workplace |
| Full Time | Part Time |
| Morning/Days | Afternoon/Nights |
| Outdoors | Indoors |
| Thinking Work | Physical Work |
| Work Fast | Work Slow and Steady |

My Dream Job is:

Social/Living Arrangements

Where are you living now? _____

Who are your friends? _____

In the future, who do you want to live with? (Circle one)

- Friends Live Alone Brother/Sister/Other relatives

Would you prefer an apartment or a house? Where would it be located?

What type of things would you need help with? (Circle all that apply)

Dressing
Toileting
Bathing/Showering
Shampooing my hair
Brushing my teeth
Dressing
Eating
Cooking

Washing Dishes/Cleaning up after meals
Taking medication
Grocery Shopping
Paying bills
Money Management
Going to the bank
Taking the bus or ACCESS
Going to the doctor or dentist

What would you like to do more independently?

Other things that are important to you or that you see yourself doing in the future:
