

My Interests, Hopes and Dreams



An Exploration Tool and Guide to
My Personal Preferences

This Workbook Belongs to:

My Interests, Hopes and Dreams is a workbook for an individual to explore and express their likes, dislikes and desires. It is important that the person whom this workbook is about is not only the center of focus, but that it is completed **with** the person as a **valued partner**. Remember, everyone's skills, interests and aspirations change over time. So, be sure to revisit this workbook periodically to make sure it's up to date and matches where the person currently is in their life.

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Adapted from **Essential Lifestyle Planning** and **Personal Futures Planning** tools.

What this workbook is about...

My Interests, Hopes and Dreams is a tool that lets you and the people who know and care about you to think about your life and what's important to you. The different worksheets help you explore and record what your skills and interests are, what you like and don't like, new things you might like to try, the places you like to go, and the kind of people with whom you like to spend your time.

Once you have gathered all of this information about yourself, you can share it with others so they can learn more about you and your preferences. This tool can be a great starting point to help guide and inform any of the following:

- Person-Centered Plan or Description
- Individualized Education Plan (IEP)
- Individual Support Plan (ISP)
- Individualized Plan for Employment (IPE)
- One Page Profile
- Resume for finding employment
- Finding a good match for a roommate or direct support staff

A few things to think about as you start working on *My Interests, Hopes and Dreams*...

- **Who do you want to help you complete the worksheets?** You can invite family members, friends, support staff or anyone else who knows and cares about you to provide input and help you fill them out.
- **Where do you want to work on this tool?** Pick a place that is comfortable for you – this can be at home, at school, at a park or any place you feel most comfortable.
- **Make sure someone leads the discussion and someone writes down what everyone says on the worksheets.** This can be you or you can ask someone to do either task. Ask the person writing everything down to go over each worksheet with you to make sure it's exactly how you want it.
- **Have fun and be positive!**

My People



Who are the people in your life? Who are the people closest to you? Who do you hang out with or spend most of your time with? Who do you talk to? Who do you go to when you need help or advice? Who cares about you? Who is important to you?

Think about all the people you know and who you care about. On the next worksheet write down the names of these people in the section they best fit. Try not to write down the same person in more than one section. Your name is in the center of all of the circles. The people who you feel closest to should have their name closer to you in the circles. For example, if you have a closer relationship with your cousin than you do with your brother, your cousin's name should be written closer to the center than your brother's name in the family section.

There are four sections on your people map: family, friends, community members, and service providers.



❖ **Family** – includes anyone who you consider as family: parents, siblings, cousins, grandparents, step-parents, aunts and uncles, foster parents, etc.

❖ **Friends** – includes anyone who is not paid to spend time with you and who likes to hang out with you: classmates, co-workers, neighbors, teammates, etc.

❖ **Community Members** – includes people in your community who may be paid to do what they do, but are available to anyone: teachers, doctors, mail man, librarian, preacher, store clerk, hair dresser, etc.

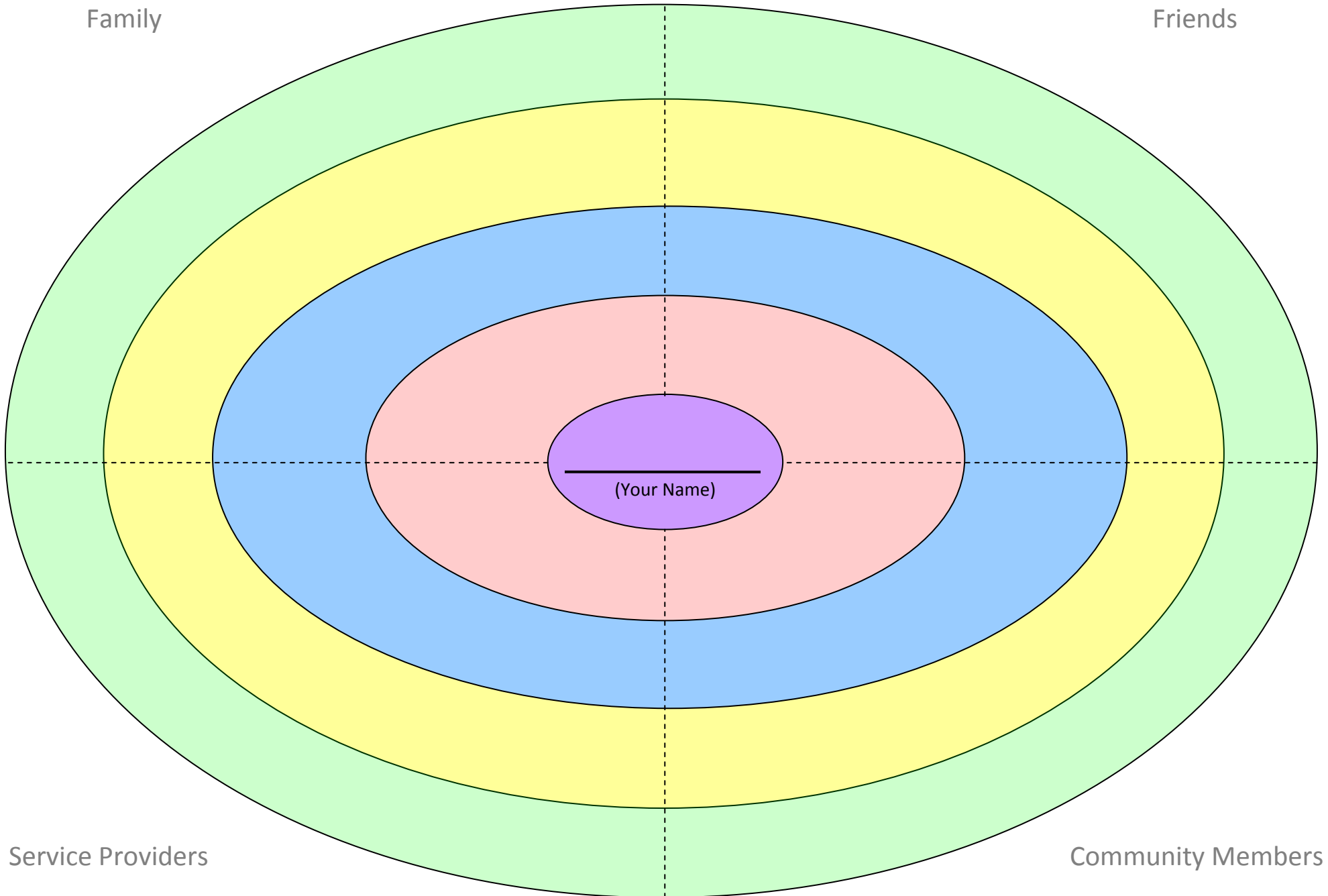


❖ **Service Providers** – includes people who are paid to support you: case manager, occupational therapist, physical therapist, support coordinator, one-to-one aide, etc.

My People

Family

Friends



Service Providers

Community Members

People I Like to be Around

What are the characteristics of people you like to spend time with? Those you don't like to spend time with? This section can be used to determine what kind of people you would like as a roommate or someone who provides you with support. List the personality traits, behaviors and interests you would like the person to have.

Characteristics I Like or Want in the Person	Characteristics I <u>Don't</u> Like or Want in the Person

My Gifts & Strengths

What are some of the great things about you? What do people like and admire about you? What do you like about yourself? What are some of the positive things people say about you? What are you good at? What are your skills, abilities and talents?

Great things about me...	What I'm good at...

My Style

What do you like to do? What are your interests and hobbies? What are some of your favorite things? What works for you? What keeps you interested and energized? What makes you feel alive? What doesn't work for you? What makes you upset or puts you off? What bores you or shuts you down? What don't you like or like to do? Are there things you haven't tried or done that you would like to?

What I like or like to do... What works for me...	What I <u>don't</u> like or like to do... What <u>doesn't</u> work for me...	New things I'd like to try or do

My Places

Where do you spend your time? Do you go to school or work? Where do you go in your community – church, library, stores, or restaurants? Where are your favorite places to go? Are there places you haven't been to in your community that you would like to go?

Where I spend most of my time	My Favorite Places	Places I <u>Don't</u> like to go	New Places I'd like to go



How I Communicate

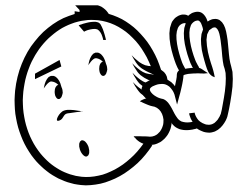
Whether you communicate with words, sign language, or an augmentative device, everyone communicates with their gestures, behaviors and actions. How we react and behave often speaks louder about how we feel and what we want than our words.



This section lets you and those who know and care about you describe what you are telling people through your behavior and actions. How do we know when you're happy or upset? How do you let people know what you like or don't like? What you want or need? What are some of the things that you do that are important for people to recognize and understand? It is important that we listen to behaviors, learn their meaning, and respond appropriately. Once you complete the chart, you can share it with others so that they can better understand you.

How to fill out the chart:

- ❖ **What is happening** – describe the situation or circumstance which seems to affect what the person does. For example, this can be a setting, place, noise, people or activity.
- ❖ **When (person's name) does this** – describe the behavior, action, gesture, look, etc. of the person in this particular situation. Make sure that someone who has never seen this reaction would be able to understand and recognize what's being described. A single behavior can be associated with more than one instance in the "What is happening" column.
- ❖ **We think it means...** – describe the meaning of the behavior. More than often, a single behavior can have more than one meaning – be sure to list all of them.
- ❖ **And we should...** – describe what someone supporting the person should do in response to the behavior. Include any steps that may need to be taken to rule out certain meanings and/or how to respond.



My Vision of the Future



What are your hopes and dreams? What would you want your life to look like? Everyone has an idea of where they would like to see themselves in the future – where they would like to live, how they spend their time and with whom they want to share their life.

This section will let you describe your idea of a great life that you want for yourself:

- ❖ **Home** – describe what home means to you. Where do you want to live – in the city? A house or apartment? With family, roommates, pets or by yourself?



- ❖ **Day/Work** – describe how you see spending your day. Are you going to school? What kind of classes? Work? What kind of job?



- ❖ **Community** – describe how and where you want to spend your free time. What do you want to do in your community? Who do you want to spend your time with? What are the activities you want to do and places you want to go? This can be anything – playing sports, movies, the mall, church, shopping or the library.

Remember, everything can't be achieved over night. It takes time, commitment and support from you and all of the people around you. Knowing what you want is the starting point for figuring out how you can make it happen. The next step is working with the people who care about and support you to plan out the steps it will take to get there!



My Hopes & Dreams

Community



Home

Day/Work

Other things I'd like to share about me: