



Planning Booklet



Planning Area 3: **Who Am I**



Don't forget!

Make sure you save your work by downloading and saving this PDF to your own computer before you write in it.

In this Planning Area you are also able to download in the Extra Resources section a number of A4 sheets that you can record different ideas on. For example, there is one for all your important relationships, and one for your gifts and strengths.

My story

The story of your life until now can tell people some very important things about you, and who you are. The things which have happened along the way and the experiences you have had can be very useful to reflect on and share. There will be things in your history which you feel good about, and others which you don't feel so good about. These past experiences can give clues about how you would like your future to be. It can also be helpful to include parts of your story in any training you do for staff you employ.

Record as much information as you can in each section so that we can get a good picture of who you are and what your story is.

What is my story? How old am I? Where was I born? What do I do for fun? Who do I live with?

What is my family's story, including my family's culture, religion, values and beliefs?

What have been the significant events in my life?

What are the best things that have happened?

What are things that have happened which I feel bad about (if some very upsetting things have happened, I could ask for help with them).

What are some times when I have been successful at something?

What are the things I have contributed to others or to the community?

Are there parts of this information that would be good to share? And who with?

Write down the parts above that would be good to share, and who with. We've given you two examples.

Example:

a) My story	With new friends I meet.
b) My family story and culture	With my support workers because they should know how important my culture is to me and how they can support me.

a) My story	
b) My family story and culture	
c) Significant events	
d) Best things that have happened	
e) Things I feel bad about	
f) My successes	
g) My gifts and contributions	

Great things about me

All people have things about them which are great. These things might be easy to see, but its important to spend time to really discover all of the great things about you. It can be helpful to ask other people what they see in you. Sometimes other people can see your different strengths.

Here are some ideas

- Being social with other people
- Enjoying being alone
- Talking
- Being quiet
- Being passionate about something, like music, books, cars or sports
- Recognising or being interested in people, or remembering names
- Noticing things about the world that other people miss
- Being funny, serious, happy, thoughtful or sensitive
- Being great to be around and to be with
- Being predictable
- Being spontaneous
- Being fun and energising
- Being calm and relaxing

What are some things that I think I am great at, and what are some things that other people say I am great at?

What is needed to keep on discovering great things about me?

Example: Having more opportunities and learning experiences

Example: People finding a way of learning more about me

What do I like?

It's really important that you and your supporters know what you like, and are making sure you have them in your life as much as possible. The things you like can be daily things, for example coffee or tea, or warm or cool showers. They might also include the work or activities you like, the things you like to have around your home, the routines you prefer, people you like to spend time with, or the music you like to listen to.

What are some things I like?

Look at the ideas below and think about the things that you like which are also very important to you. You can then give some more information about those things and why they are important to you.

Choose the things you think are important	And put some examples here	Why is this important to you?
Example: types of music, movies or tv shows?	Female voices in songs and movies packed with action. The less plot the better.	It makes me feel good.
Example: ways of interacting with things	Taking things apart and putting them back together	It makes me feel calm and confident.

Choose the things you think are important	And put some examples here	Why is this important to you?
Types of music, movies or TV shows		
Types of food or drink		
Places		
Hobbies or interests		
Ways of interacting with things		

Choose the things you think are important	And put some examples here	Why is this important to you?
Collections or objects like batteries, trains, fabric, CDs or other objects?		
Textures or sounds		
Routines, or the order in which I do things		
People		
Activities		
Are there other things? Fill in the blank spaces below.		
1.		
2.		
3.		
4.		
5.		

What don't I like?

It is very important that your supporters know what you don't like. Having too many things in your life which you don't like might result in you feeling unhappy or unmotivated. This can also result in anxiety, stress, and behaviour which can be seen as challenging. In your plan, it is important for you and your supporters to avoid having things in your life which you don't like.

What are some things I don't like?

Look at the ideas below and think about the things that you don't like which are also very important to you. You can then give some more information about those things and why they are important.

Choose the things you think are important	And put some examples here and why it is important
Example: when people talk about me in front of me	I definitely don't like this. This is one way of making me feel really frustrated and I might scream or swipe an object to show I don't like it.
Example: temperatures, sounds or textures	I don't like the sound of the boot of the car shut when I am in the car already. For some reason it makes me feel anxious.

Choose the things you think are important	And put some examples here and why it is important
Certain foods or drinks	
Temperatures, sounds or textures	
Places	

Choose the things you think are important	And put some examples here and why it is important
Ways of doing things	
Activities	
Being treated or spoken to in certain ways	
When people talk about me in front of me	
Not knowing what is going to happen next, or when plans change without warning	
Being alone too much, or around people too much	

What is essential for me?

It is important to include the things you need to stay safe and well in your plan. These might be things like eating the right food, seeing friends, having the right routines or having enough interesting things to do.

Make sure that the things which are essential for you in your life are written down in your plan, and understood by everyone who supports you.

Record as much information as you can in each section so that you can get a good picture of what is very important for you in each of these areas. We've given you a few different examples.

What is essential in your life to keep you

Happy?

Example: It is essential I get in or near water during the week. Swimming, the beach, fountains, boats, the spa.

Safe?

Example: It is essential that I get to choose and know my support workers.

Example: It is essential that I have help to stay safe in the car.

Physically well?

Mentally well?

My spiritual needs met?

Example: it is essential that I get out in nature during the week.

Connected with the people I like to see?

Learning and developing?

Is there anything else you want to record?

What are my strengths and capacities?

Everyone has different strengths. It might be helpful to think about what you are good at, and to find out what other people think too. Sometimes we might need to think more deeply or differently to notice the unique strengths people have.

Here are some ideas below.

- Knowing and understanding things
- Asking questions
- Figuring out and reading people and situations
- Being sensitive to what others feel
- Organising and classifying things
- Taking things apart
- Putting things together
- Creative thinking
- Problem solving
- Practical things, like cooking, mechanics, using a computer or making things
- The arts - for example singing, dancing, painting or performing
- Influencing other people for example being welcoming, funny, understanding or a good listener



**What am I good at?
What do other people say are
my strengths and capacities?**



What new or different things could I do with my likes and strengths?

Take a look back at your list of strengths and the things that you like. What could you do with these things that makes your life better? You can record your ideas under the headings below and we've given some examples.

New things to do and activities

Example: with my love of water and going to new places I could find all the fountains in my area and record what they are like.

New roles in my community

Example: I could volunteer for a beach dune care group.

New work opportunities

Things that help strengthen my relationships

Example: it's really fun swimming with me because I love water so much. I could invite people to do this with me.

Other ideas

What else could the information in this Planning Area help with?

Our strengths, likes, dislikes, culture and background can help us in lots of different ways.

Here are some examples.

- Finding support workers that are a good match
- Finding great people to live with
- Putting in my training information for support workers

What else could information in this Planning Area help you with?

Is there anything else that has stood out for me in this Planning Area?