



# Planning Booklet



## Getting started



## Don't forget!

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



Planning can be confronting and challenging to think about, especially if we haven't thought about it much before. If we want to plan for a good life, and also need to plan for funded supports like the NDIS, we need to think deeply about what we want and need that will work for us.

We believe that thinking firstly about yourself, your life and your future is the most important thing. To work out what you want and need is a little easier when starting from this point.



So here are some questions to warm you up and help you figure out which Planning Areas you want to start with!

## What is going well for me?

Think about the things in your life right now which are good, which you enjoy, where you feel happy, or safe, or excited.

## Which things do I want to stay the same?

If you like your life the way it is, then it is ok to say so, and to ask for the support you need for things to stay the same.

## **What do I want to change in my life?**

Think about the things you don't like in your life right now, where you feel unhappy, unsafe, bored or stressed. What would need to change for you to feel differently about your life?

## **What are the challenges to me having the life I want?**

Think about what is stopping you from having the life you want. It might be that you need equipment, technology, more friends and connections, or other kinds of support. Once you are clear about what you want, then ask for what you need to make it happen in your plan.

## What do I want my life look like?

What kind of life would truly make you happy to get out of bed in the morning? Describe what you would be doing, whom you would be with, and how you would be feeling.

## What do I need to do to get that life?

This is what we hope to help you think about so you don't need lots of detail right now. That is what the different Planning Areas are there to help with. Right now you can start with some general thoughts about what needs to happen to get from where you are now to where you want to be?

Some examples might be: I would have a job. I would move and be living in a smaller town.

Here are the different Planning Areas you can think about:

1. Building my group of supporters
2. Communication
3. Who am I
4. Home
5. Work
6. Sports and recreation
7. Sexuality and intimacy
8. Equipment
9. Equality
10. Spirituality
11. Safety

## What Planning Areas seem most important right now?

Now you have thought about all these things in your life, does it give you some ideas of what Planning Areas to choose first?

We have suggested that you take a look at three very important areas first. If you haven't already thought about these things in your life, we suggest taking a look at

**Who Am I** - a positive, energising and powerful starting point is your unique strengths and capacities, your ideas and vision for your future.

**Building my supporters** - imagine your ideas coming to life with the support of others. Your ideas are more likely to succeed if you have other people in your life supporting you. Most importantly, other people who are not only in a paid relationship.

**Communication** - having ways to communicate your ideas and your decisions is so important. Everyone can communicate even if they don't use words. Finding the different ways of expressing yourself, being understood and heard in ways that work for you is so important.

Now you choose which ones you want to start with.



## Notes and drawings about the areas I want to plan in



## People who contributed to Planning for a Good Life

A great many people contributed their time and expertise to this online resource.

We thank them and have listed them here. If you would like to get in touch with any of them including for additional work, please contact us to ask for their details.

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