



MY AWESOME

BOOK OF ME

Planning Journal

My name is

What I like being called



Date: _____

This booklet was prepared by:



PICTURES

OF ME

INSERT
OR DRAW
A PICTURE





SUPER AWESOME

THINGS ABOUT ME

Gifts of my Head, Heart & Body

ADD YOUR
OWN WORDS,
AS MANY
AS YOU LIKE!

See examples on opposite page

EXAMPLES

Gifts of my Head, Heart & Body

loud

gentle

resilient

natural

amazing

brave

daring

creative

funny

passionate

musical

thoughtful

thinker

strong

heroic

decisive

kind

generous

empathetic

dramatic

musical

adventurous

sporty

truthful

loving

intelligent

artistic

engaging

entertaining

loyal

unique

good friend

talented

reliable

calm

creative

helpful

determined

truth teller



MY CULTURE

Where I am from

Languages I speak

Important things about my culture

My spirituality

Traditional days/celebrations

Where is your mob from ? Your father? Your mother?



Things I want to know more about my culture

Blank white space for writing.

Who can help me with this?

Blank white space for writing.

MY DREAMS



DREAM, IMAGINE, BELIEVE



Dreams for myself and/
or my family and loved
ones' dreams for me

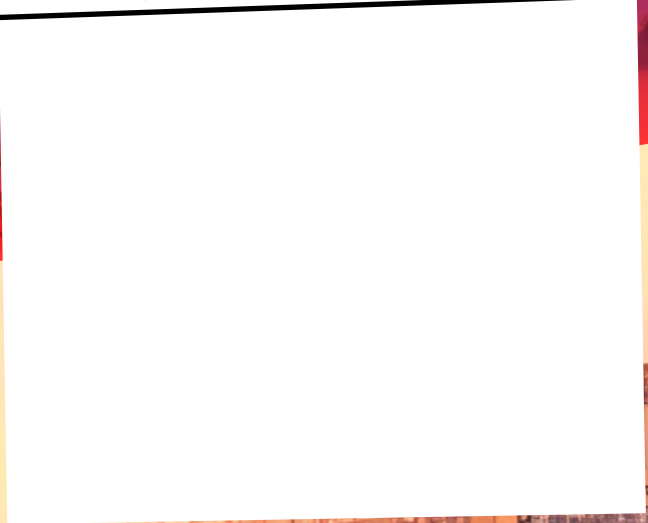
居酒屋

WHO IS IN MY LIFE RIGHT NOW

Me



Family / Carers




Neighbours + Community



Doctors + Specialists



Sports Coaches/Teams



Therapists/Support Workers



Friends now

Friends I would like to see again

Favourite subjects at school

Where I know my friends from

My hero is

My nickname

MY FAVOURITE THINGS

book _____

place _____

song _____

sport _____

movie _____

make up _____

food _____

tech _____

game _____

social media _____

clothing _____

animal _____

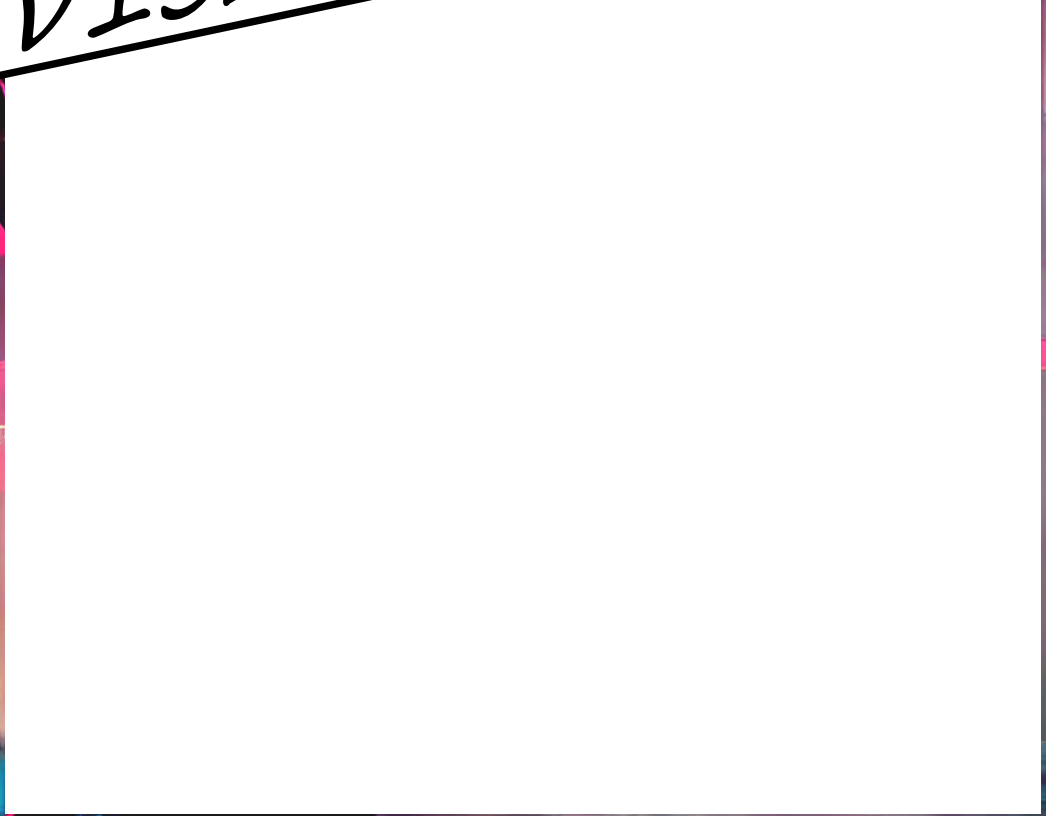
drink _____

person _____

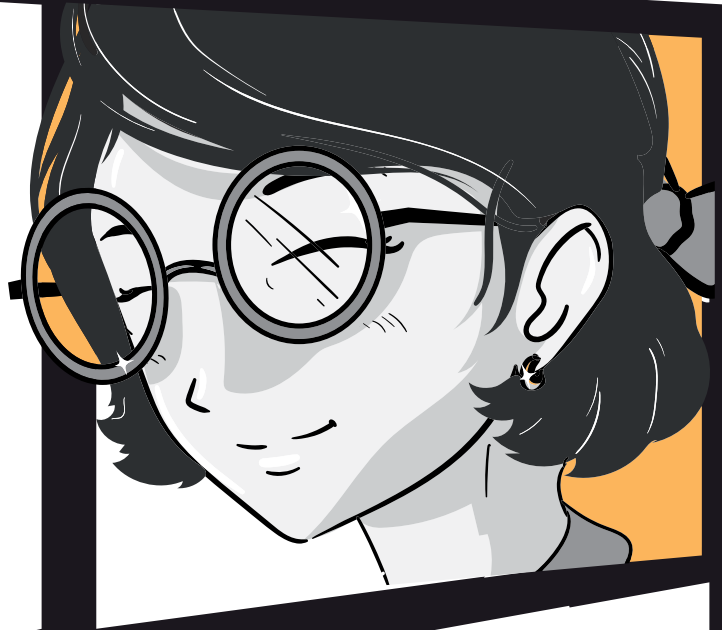
MY LIKES



MY DISLIKES



THINGS I LIKE DOING



See examples on following page

EXAMPLES

kicking goals

painting

gardening

camping

sport

playing an
instrument

essays

the beach

board games

writing songs

cooking

pizza

massages

dancing

reading

loud music

sunsets

exercise

trivia

drawing

inventing
things

sleeping

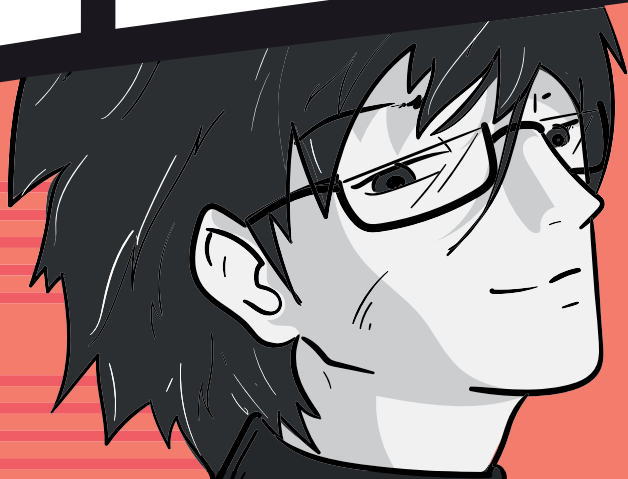
lego

puzzles

travelling

science

THINGS I DON'T LIKE DOING



See examples on following page

EXAMPLES

team sports

brushing my teeth

chores

brushing my hair

exercising

cleaning up after pets

worrying

eating vegetables

haircuts

going shopping

math

tidying my room

loud people

waking up early

cooking

making my lunch

homework

washing my hair

MORE ABOUT ME

Things I like to think about:

**What's important to me?
Things I don't want to forget:**

Things I'd like to change:



FAMILY/CARER THOUGHTS

What are your favourite things about:

What are their gifts?



MY WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


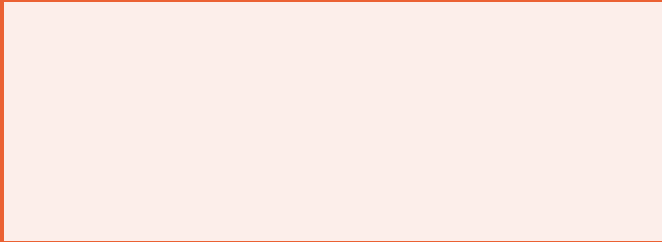

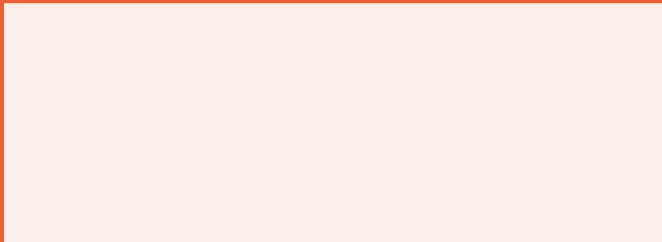

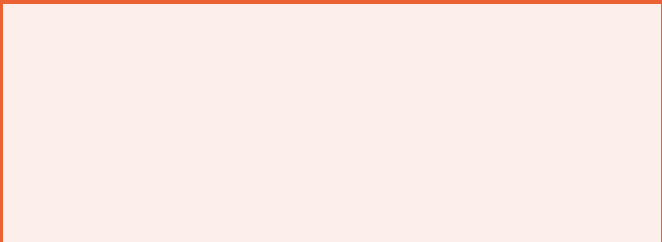

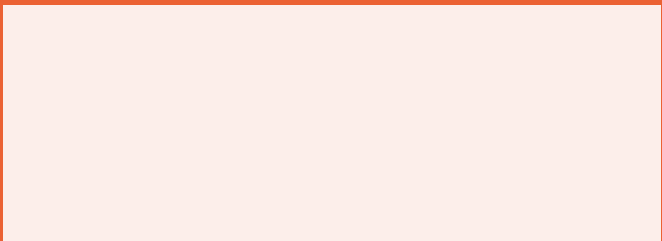

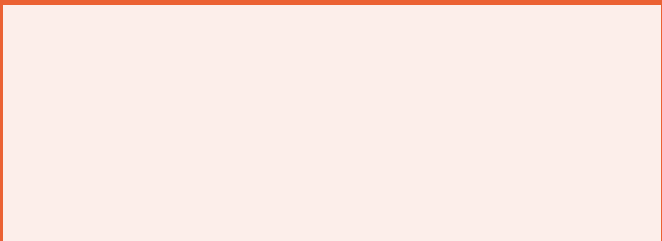
SATURDAY

SUNDAY

Put a ✕ next to things you don't like so much.
Put a ☆ next to things you really like doing in your week.



WHAT MY DAY USUALLY LOOKS LIKE

	TIME	ACTIVITIES
Wake up		
Morning		
Afternoon		
Evening		
Bedtime		

WHAT'S NOT WORKING



What do I need more help with?

Who can help me with this?

EVERYONE NEEDS HELP, SOMETIMES!



Decisions *I MAKE*

Decisions *MADE WITH ME*

Decisions *MADE FOR ME*

WHAT MAKES ME FEEL...?

HAPPY

BORED

SAD

SCARED

ANGRY

SICK

UNSAFE

SAFE

HOW DO I LET YOU KNOW I FEEL?

(Ways I Communicate - can be words, gestures, behaviour, expressions, sounds)

HAPPY

BORED

SAD

SCARED

ANGRY

SICK

UNSAFE

SAFE



GOALS I WANT TO ACHIEVE

WHO AND WHAT TYPE OF HELP
DO I NEED WITH THESE?

WHAT DOES MY LIFE
LOOK LIKE IN THE
FUTURE?



My Communication Bill of Rights

I have the
right to

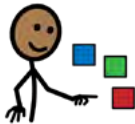
Say no,
refuse
and reject
choices



Ask for
what I want



Be given
real choices



Be heard
and responded
to (even if the
answer is no)



Share
my feelings



Have my
speech
system
working
and have a
back up



Be taught
how to
communicate



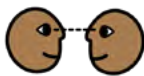
Ask & add to
my schedule
and plans



Be
communicated
with in a
sensitive
manner



Ask for
and get
attention and
interaction



Have and use my
speech system
all the time



Be a full
member
of my
community

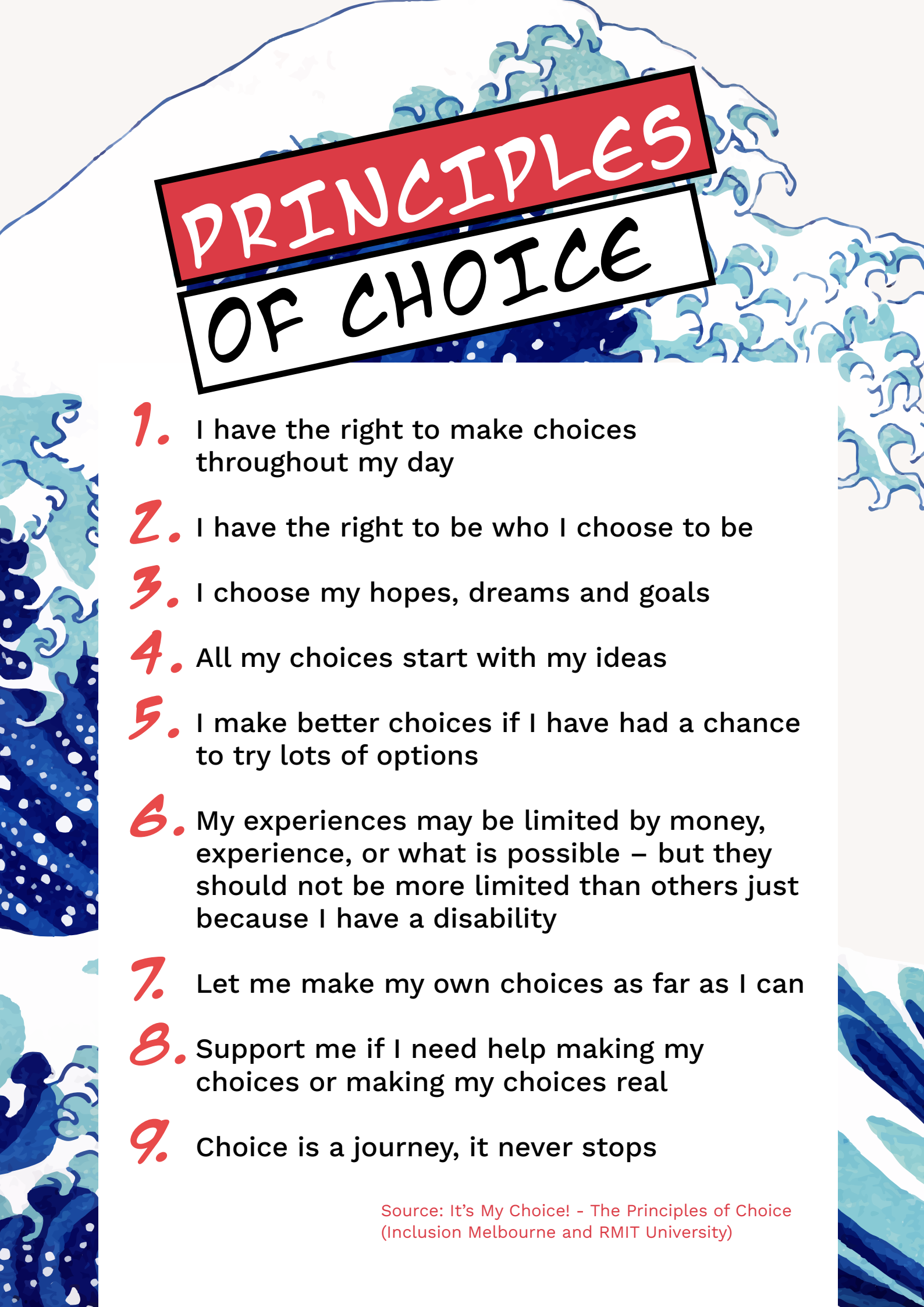


Be treated
with respect
and dignity



Be spoken
with, not about



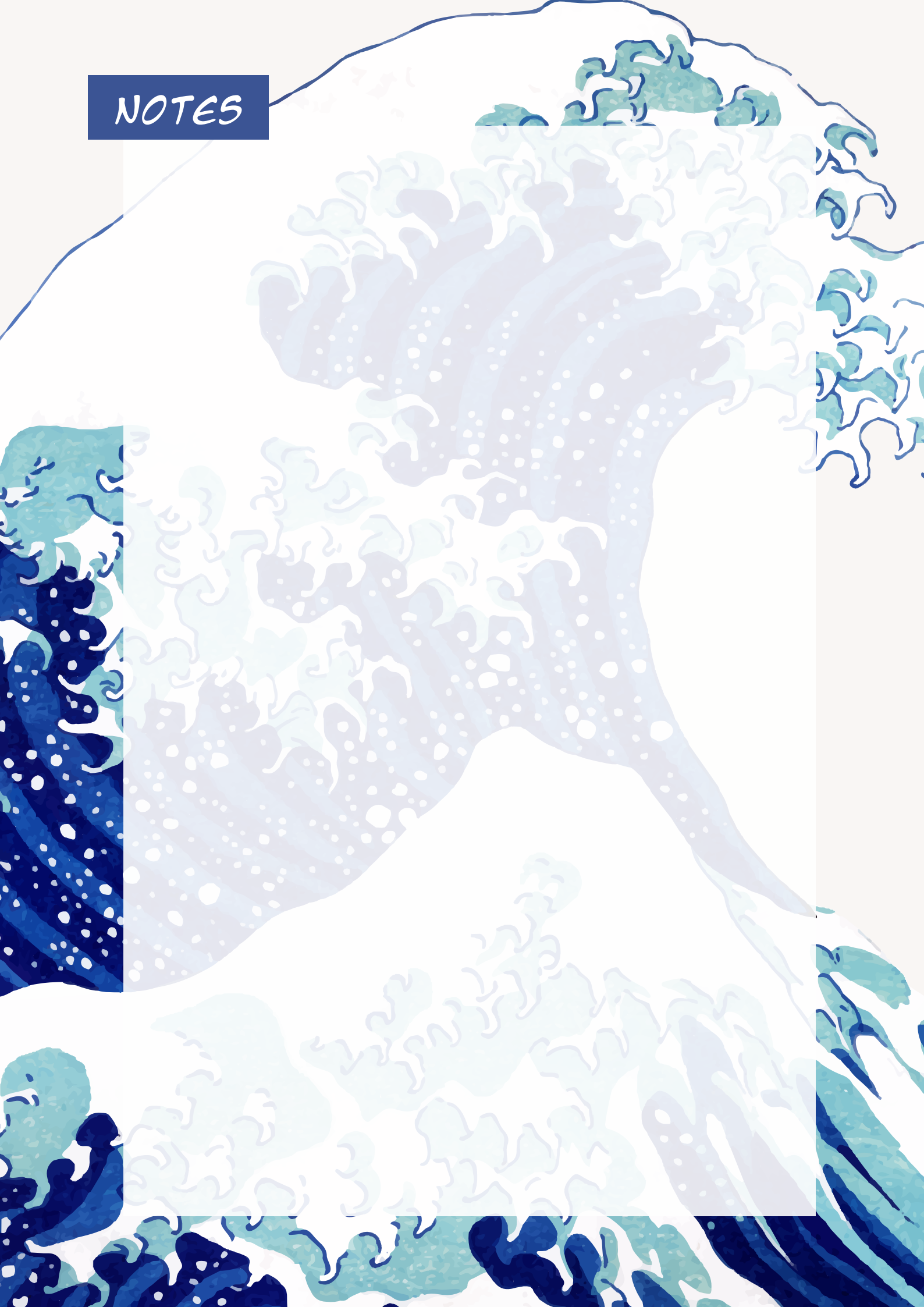


PRINCIPLES OF CHOICE

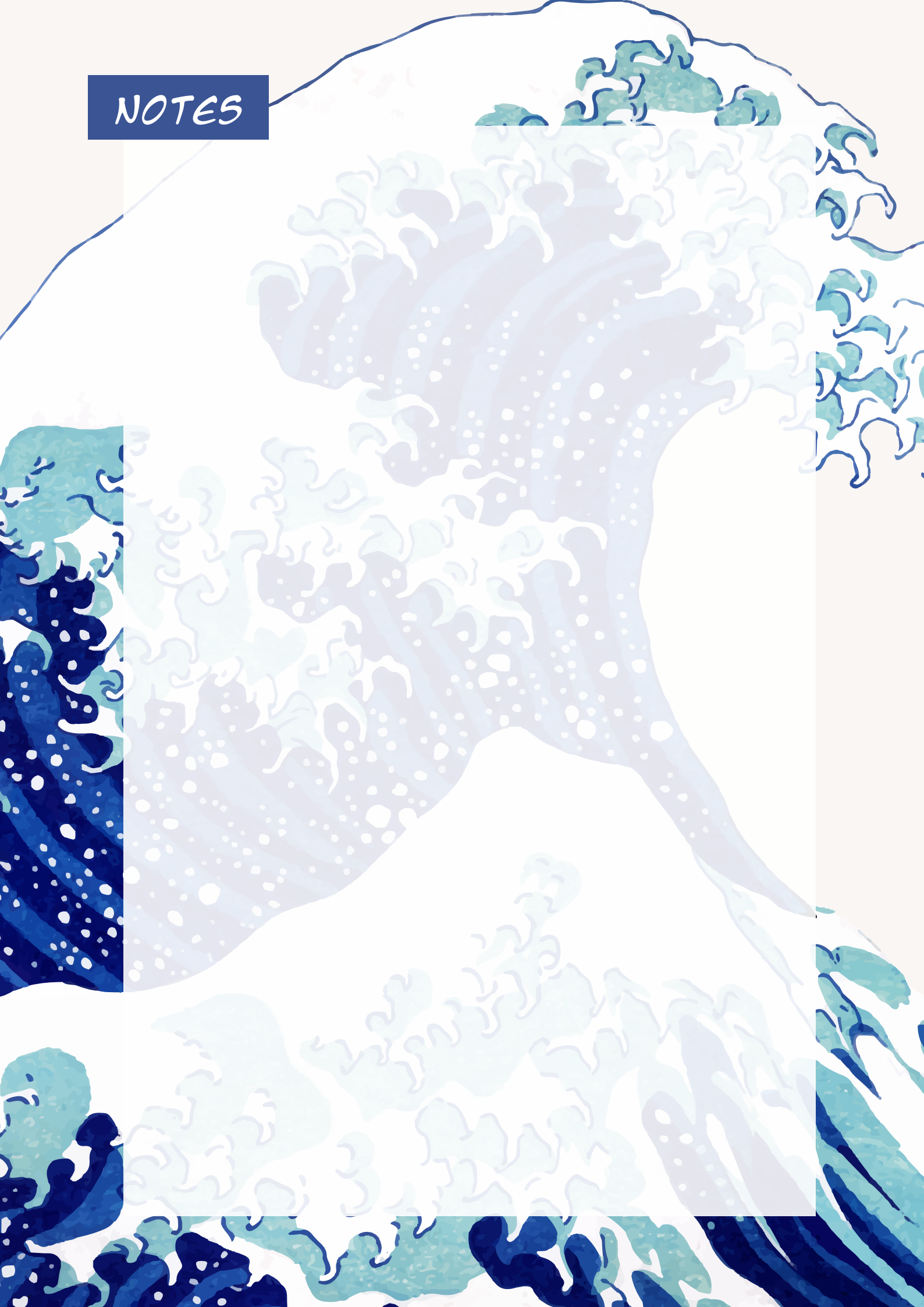
1. I have the right to make choices throughout my day
2. I have the right to be who I choose to be
3. I choose my hopes, dreams and goals
4. All my choices start with my ideas
5. I make better choices if I have had a chance to try lots of options
6. My experiences may be limited by money, experience, or what is possible – but they should not be more limited than others just because I have a disability
7. Let me make my own choices as far as I can
8. Support me if I need help making my choices or making my choices real
9. Choice is a journey, it never stops

Source: It's My Choice! - The Principles of Choice
(Inclusion Melbourne and RMIT University)

NOTES



NOTES





Government of **Western Australia**
Department of **Communities**

www.waindividualisedservices.org.au

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