

Planning Journal

# MY AWESOME BOOK OF ME

My name is

What I like being called

Date: \_\_\_\_\_

This booklet was prepared by: \_\_\_\_\_





# PICTURES OF ME

**INSERT OR  
DRAW A PICTURE**



# 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**

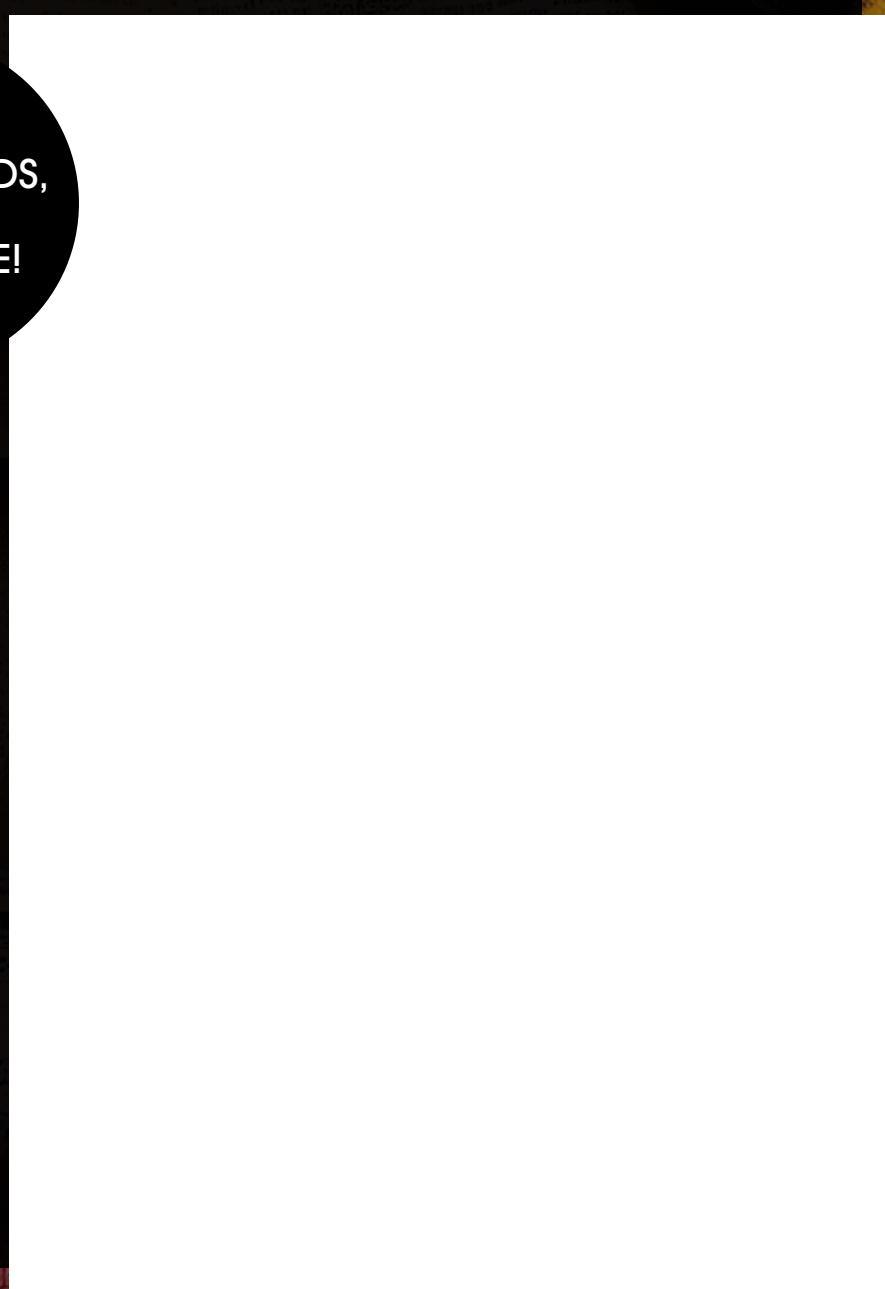
**determined**

**truth teller**

# 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

# 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?**

**Mark the area  
with an X.**



**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



# 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** \_\_\_\_\_



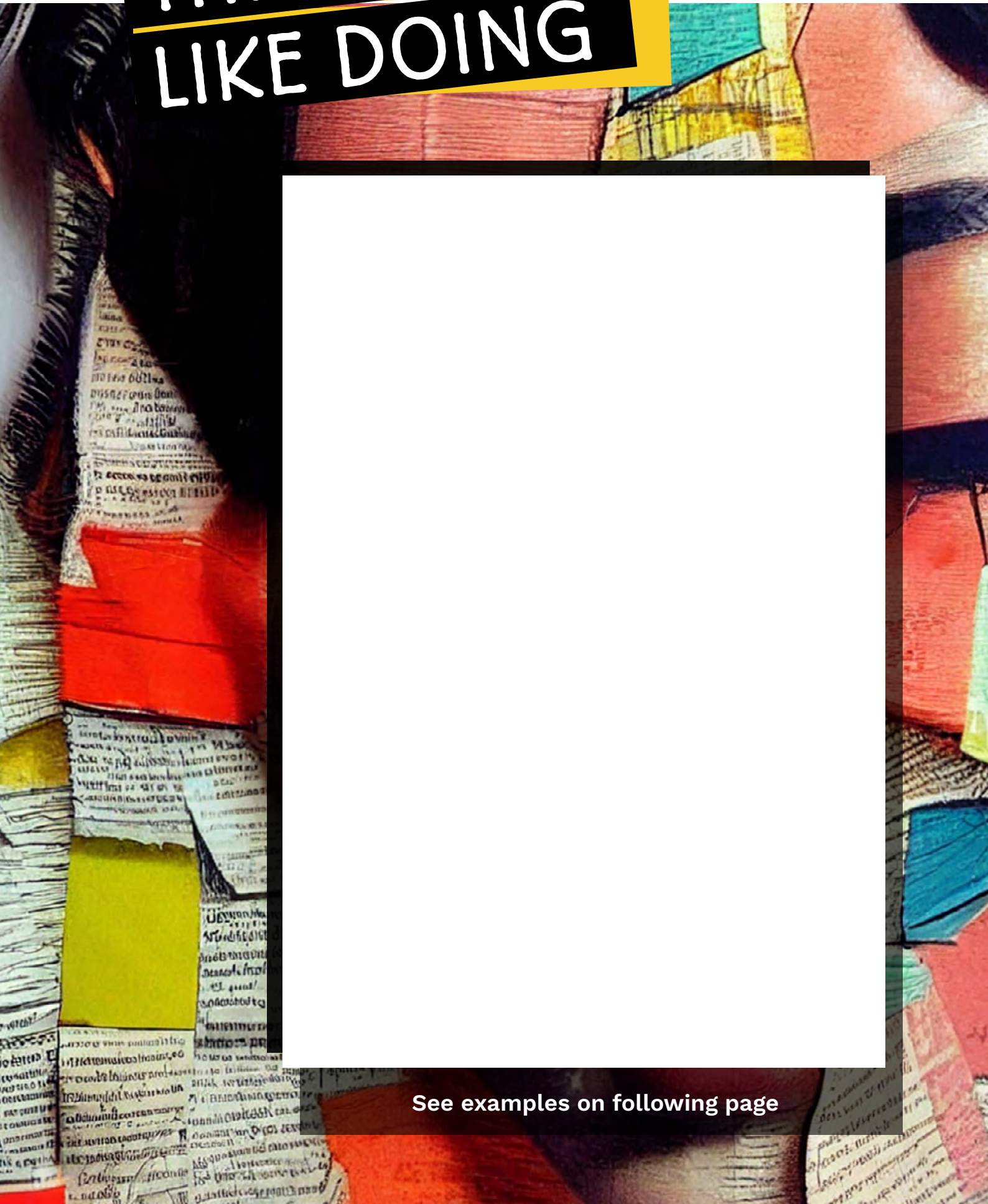
MY LIKES

A large, empty white rectangular box intended for writing or drawing, positioned below the 'MY LIKES' label.

MY DISLIKES

A large, empty white rectangular box intended for writing or drawing, positioned below the 'MY DISLIKES' label.

# 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**

# Family/Carer thoughts

What are your favourite things about:

**What are their gifts?**



# 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:**

# MY WEEK

**MONDAY**

Put a ✕ next to things you don't like so much.

Put a ☆ next to things you really like doing in your week.

**TUESDAY**

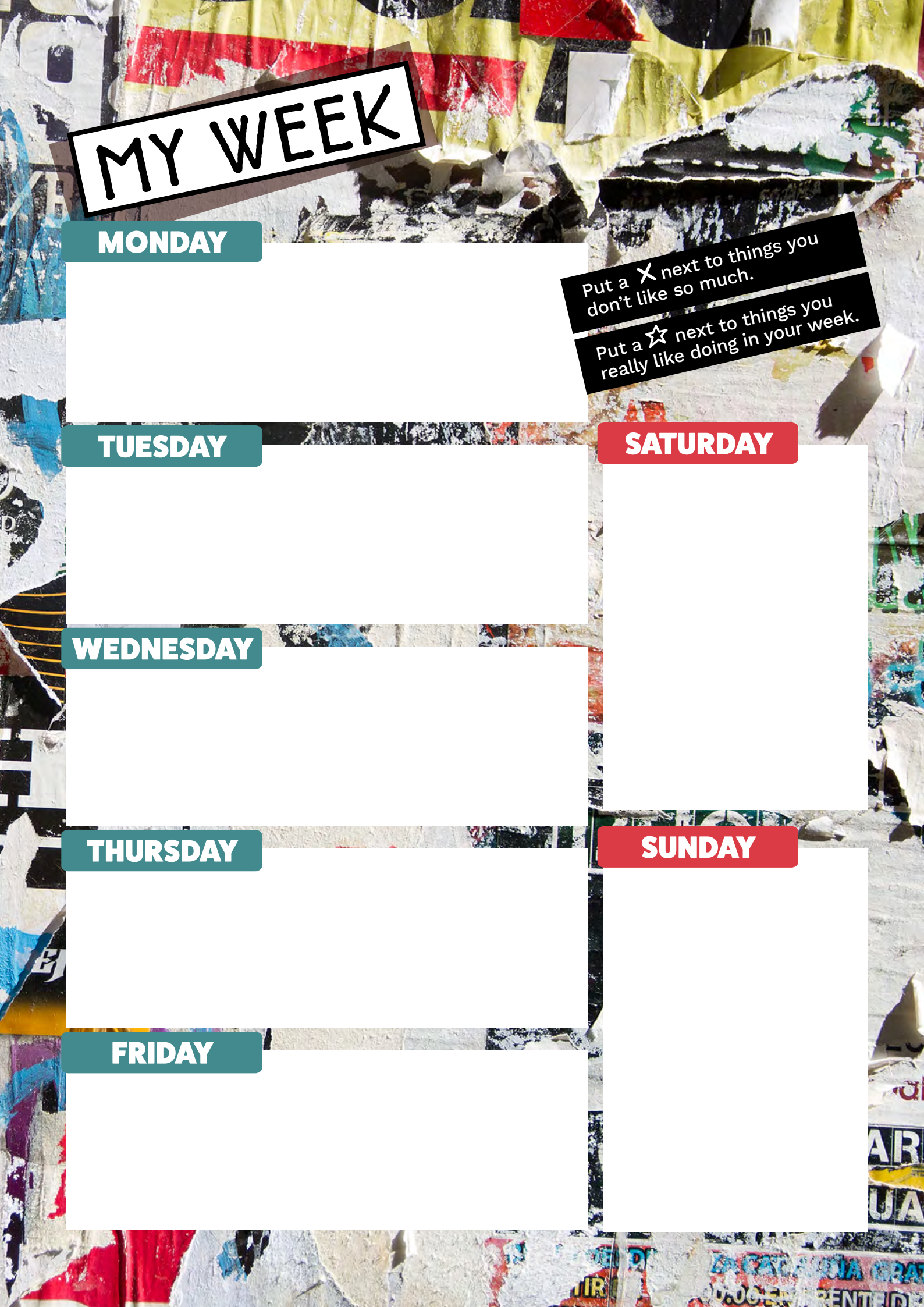
**SATURDAY**

**WEDNESDAY**

**SUNDAY**

**THURSDAY**

**FRIDAY**

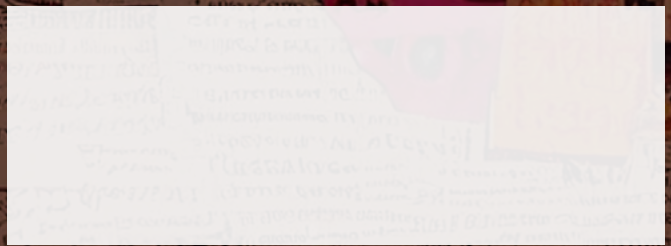


# What my day usually looks like

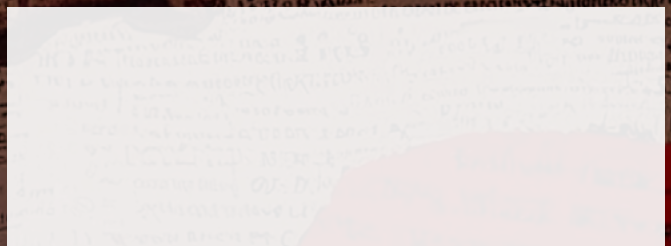
TIME

ACTIVITIES

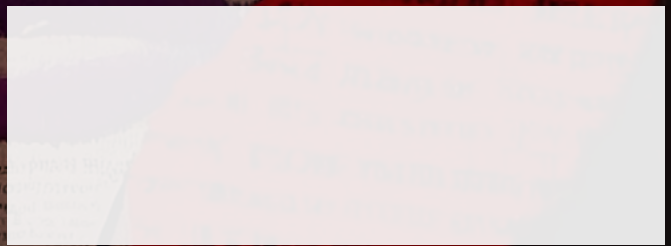
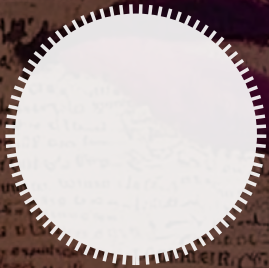
Wake up



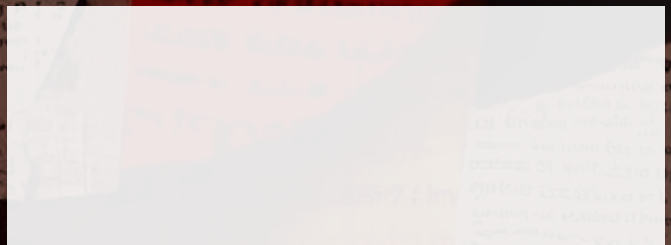
Morning



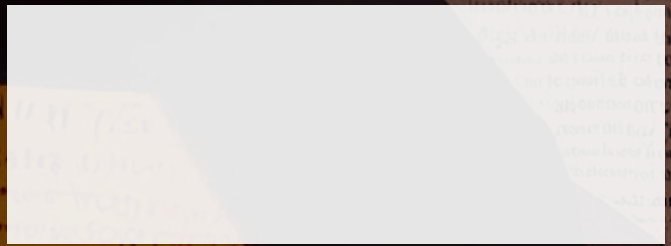
Afternoon



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

# WHAT DOES MY LIFE LOOK LIKE IN THE FUTURE?





The background of the entire image is a close-up of an open book. The pages are filled with handwritten text in various colors, including blue, red, and yellow. A red bookmark is visible on the left page. The book is bound in the center, and the pages are slightly aged and textured.

Promises to myself

Goals I want to achieve

Who and what type of help do I need with these?

## EXAMPLES OF PROMISES

I will go for a walk with my dog each day.

I will go for a swim on the weekend.

I will choose healthy options.

I will ask for some help when needed.

I will spend less time on screens and devices.

## EXAMPLES OF GOALS

I will swim once a week for one hour to improve my fitness.

I will organise and tidy my room once a week.

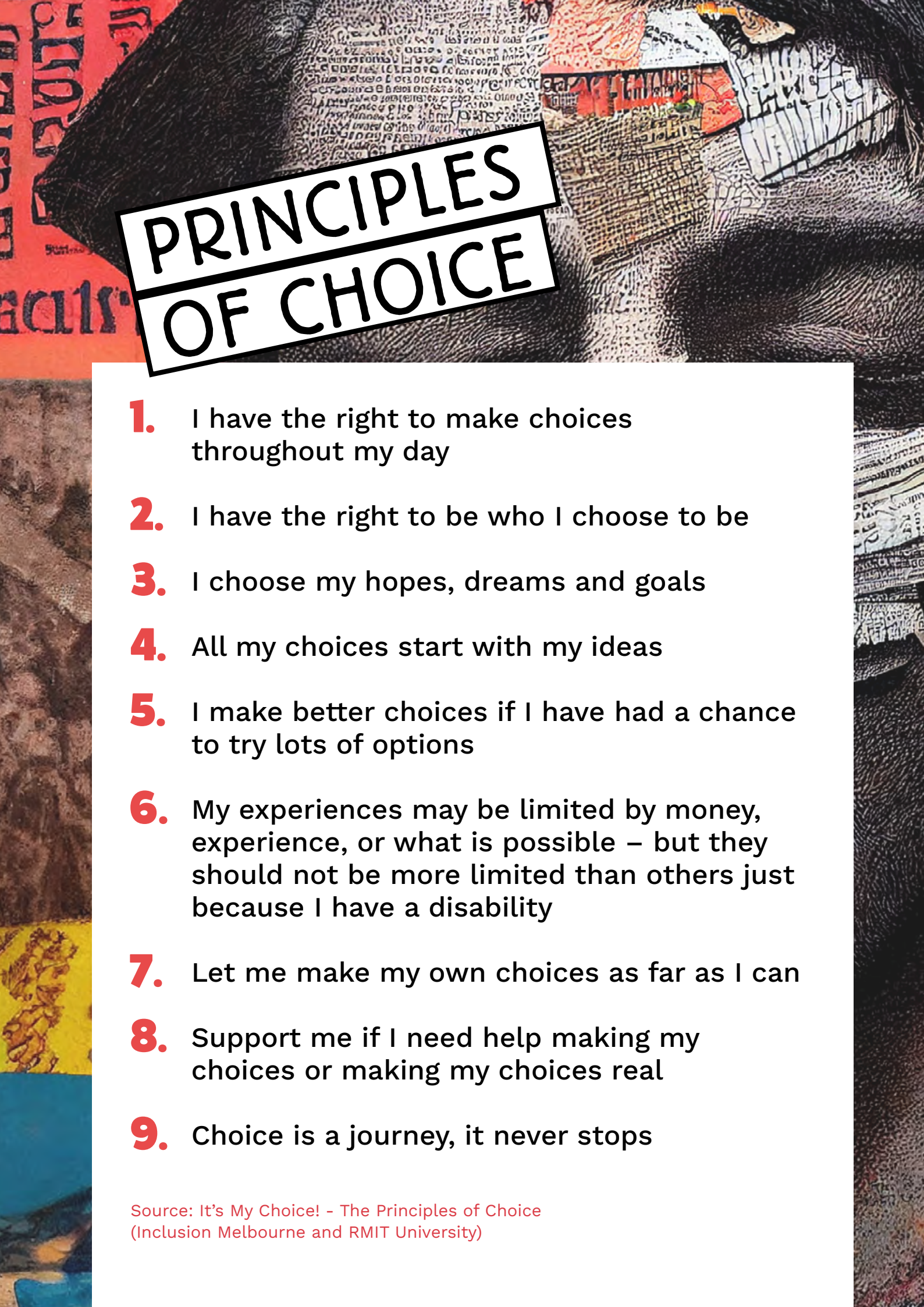
I will get dressed and ready each day by myself on time for school.

I want to read more books and will spend half an hour reading each day.

I will plan to meet with my friends in the school holidays.

# My Communication Bill of Rights





# PRINCIPLES OF CHOICE

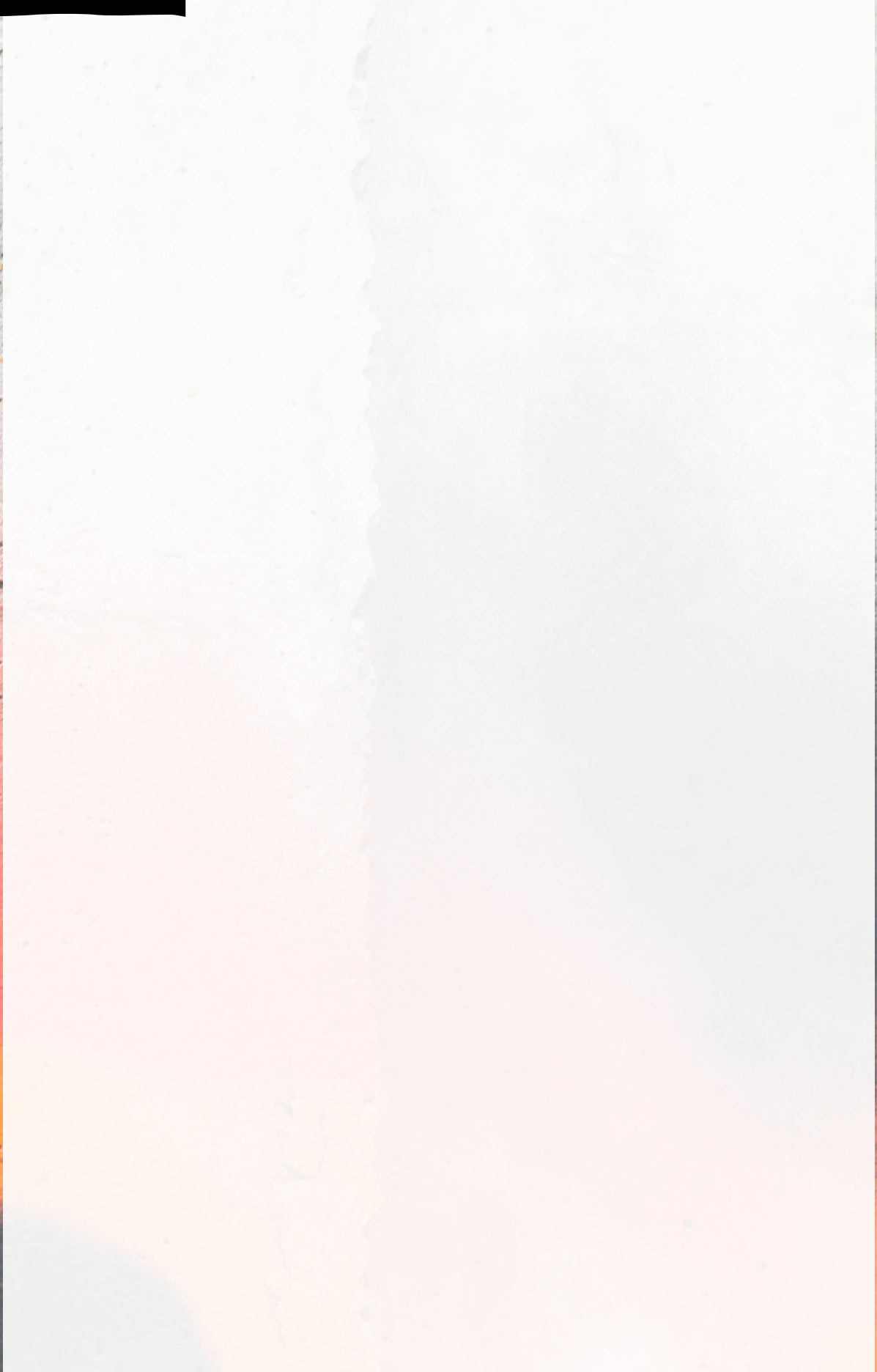
- 1.** I have the right to make choices throughout my day
- 2.** I have the right to be who I choose to be
- 3.** I choose my hopes, dreams and goals
- 4.** All my choices start with my ideas
- 5.** I make better choices if I have had a chance to try lots of options
- 6.** My experiences may be limited 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)

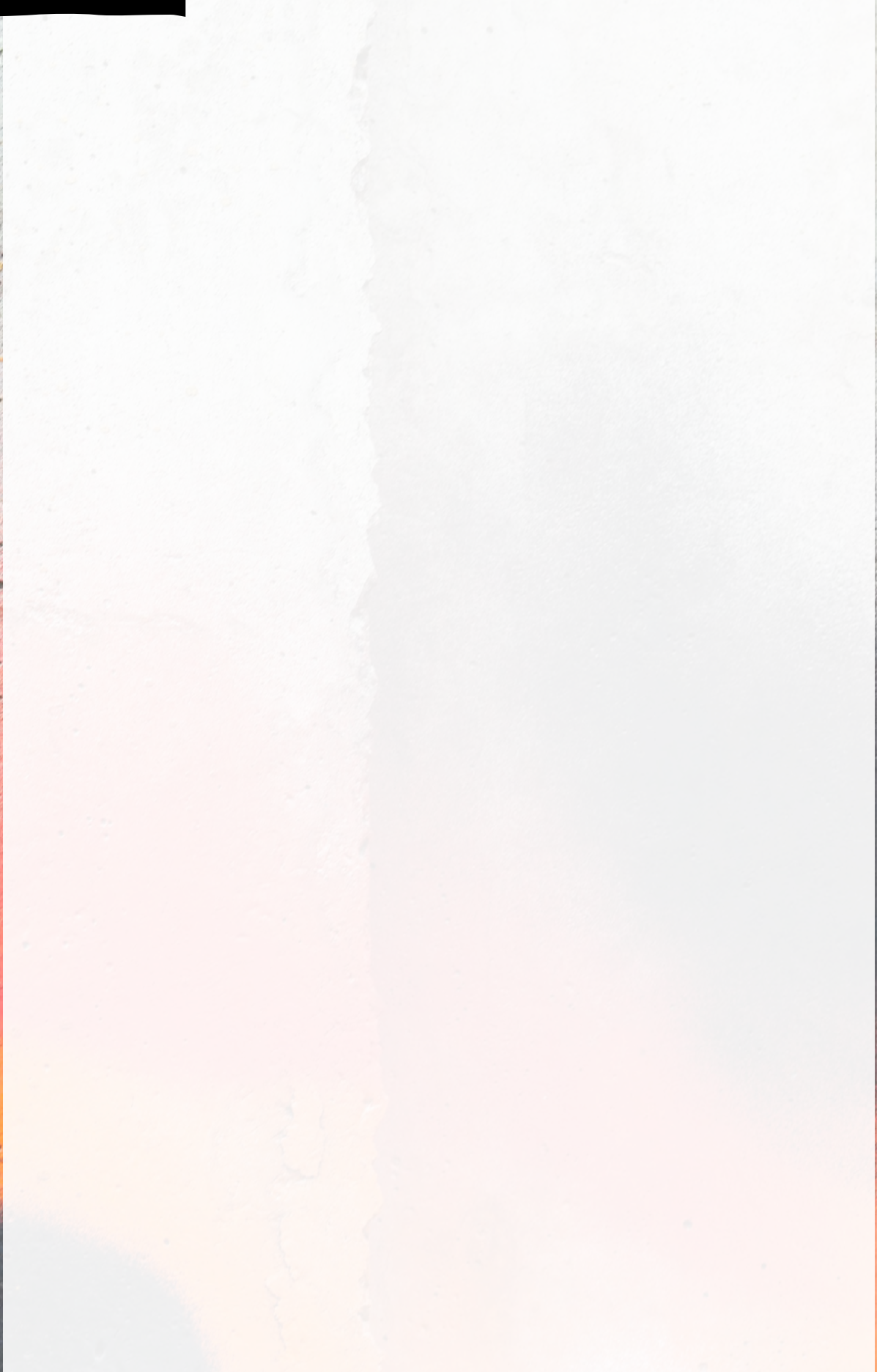
# NOTES



# NOTES



# NOTES





Government of Western Australia  
Department of Communities

**[www.waindividualisedservices.org.au](http://www.waindividualisedservices.org.au)**

This resource was developed through a grant funded by the  
WA Department of Communities, Disability Services.