Supports and Services Star - Vision for a "Good Life"

Using a combination of lots of different resources, helps individuals and families to build a strong foundation of support. This tool will help families and individuals think about how to develop a broad variety of supports that help lead to an inclusive, high quality, life.

What people like & admire about ME

What's Important to ME

How to Best Support ME

Access the LifeCourse framework and tools at lifecoursetools.com 11-29-2016
Life Trajectory Worksheet

Past Life Experiences
Review last year’s goals & activities

Future Life Experiences
List goals & activities for the upcoming year

What I DON’T Want
LIST the things you don’t want in your life...

Write current age in the STAR

List experiences, activities & obstacles that you don’t want

Review what didn’t work last year

VISION for a GOOD LIFE
LIST what you want your “good life” to look like...