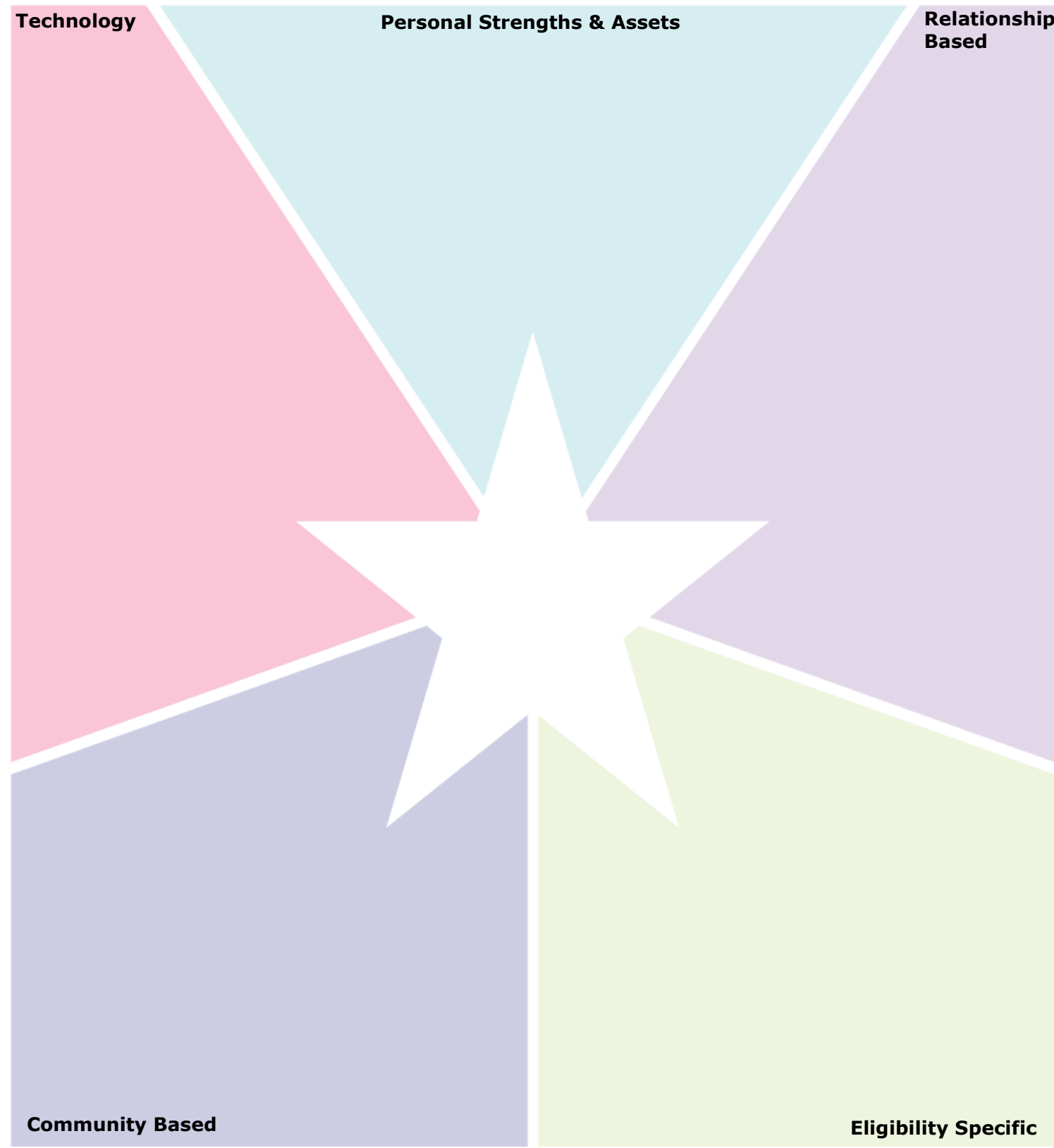




Supports and Services Star - Vision for a "good life"

This tool will help families and individuals think about using a combination of different types of supports to plot a trajectory toward an inclusive, quality, community life in partnership with others



Person

Date

Provider

Date

Parent/Guardian

Date

Other

Date




's ONE-PAGE PROFILE


What people like & admire about ME

What's Important to ME

How to Best Support ME

Life Trajectory Worksheet

| | | |
|---|--|--|
| <p><u>Past Life Experiences</u> Review last year's goals & activities</p> |  <p>Write current age in the STAR</p> | <p><u>Future Life Experiences</u> List goals & activities for the upcoming year</p> |
| <p>Review what didn't work last year</p> | | <p>List experiences, activities & obstacles that may push your trajectory toward what you <u>don't want</u>.</p> |

| | | |
|---|--|--|
| <p><u>Past Life Experiences</u> Review last year's goals & activities</p> |  <p>Write current age in the STAR</p> | <p><u>Future Life Experiences</u> List goals & activities for the upcoming year</p> |
| <p>Review what didn't work last year</p> | | <p>List experiences, activities & obstacles that may push your trajectory toward what you <u>don't want</u>.</p> |

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

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

