

Choice and Choice Opportunity Worksheet and Action Plan¹

Choice Areas	Makes Own Choices	Makes Choices With Support	Choices made by others	New Choice Opportunities	What Kind of Support is Needed to Get Started?	When Will We Start?
Everyday Choices						
Activity Choices						
Money Choices						
Big Choices						

- **Everyday Choices** - What to wear, what and when to eat, when to go to bed, etc.
- **Activity Choices** - Choices about things like going out, choosing activities, when to do them, and choosing who to do them with, etc.
- **Money Choices** - How to spend P&I funds or money earned? Budgeting for a big ticket item – maybe a TV or vacation?
- **Big Choices** – What job or program to attend? Where to live and who to live with, etc.

¹ Adapted from *Person Profile*, Frameworks for Accomplishment, John O'Brien and Connie Lyle O'Brien, and Beth Mount.