

Picture Me



Thinking about my hopes and dreams for the future

(This resource has been adapted from The Personal Planning Book by Foundation for People with Learning Disabilities http://www.learningdisabilities.org.uk)

Things I like



Think about all the things you like doing.

Use photos, pictures and drawings to fill in the next page.

You might want to think about:



Foods you like



Things you like to do at TAFE, work or day program



Things you do to relax



Things you like to do at home



Places you like to go with special people



People I like

Things I like

Use this space to add photos, pictures or drawings of things you like.

Things I like

Use this space to add photos, pictures or drawings of things you like.

Things I don't like



Think about all the things you don't like

Use photos, pictures and drawings to fill in the next page.

You might want to think about:



Things you don't like doing at TAFE, at work or at the day program



Things you don't like to eat



People I don't like to be around



Things you don't like doing at home



Places that I don't like to go



Things that make you scared, sad or angry

Things I don't like

Use this space to add photos, pictures or drawings of things you don't like.

Things I don't like

Use this space to add photos, pictures or drawings of things you don't like.

What I want to do



Think about the things you would really like to do.

These might be things you do already.

Use photos, pictures and drawings to fill in the next page.









What I want to do

Use this space to add photos, pictures or drawings of things you want to do.

What I want to do

Use this space to add photos, pictures or drawings of things you want to do.

People, places and things that are important to me



Think about the people, places and things that are important for you to have in your life.

Use photos, pictures or drawings to fill in the next page.

You might want to think about:



	Monday
<	Tuesday
	Wednesday
	Thursday
	Friday
_	Saturday
	Sunday

Things that you want to make sure are in your life everyday

Important people



Things that you want to make sure are never in your life

People, places and things that are important to me

Use this space to add photos, pictures or drawings of things that are important to you.

People, places and things that are important to me

Use this space to add photos, pictures or drawings of things that are important to you.

Hopes and dreams for my future



Think about the things you would like to do or have in the future.

Use photos, pictures or drawings to fill in the next page.

You might want to think about:



Activities you might like to try







Jobs you might like to do

Going to TAFE

Where you would like to live



Going on a holiday



People you would like to spend time with



Things to help you stay healthy



New skills you want to learn

Hopes and dreams for my future

Use this space to add photos, pictures or drawings of things you would like to do and have in your future.

Hopes and dreams for my future

Use this space to add photos, pictures or drawings of things you would like to do and have in your future.