<table>
<thead>
<tr>
<th>My Strengths</th>
<th>My Interests</th>
</tr>
</thead>
</table>
| What do I do well in school?  
What do I do well at home or in my community?  
What do other people say are my strengths? | What do I like to do when I’m not in school?  
What activities or organizations do I enjoy participating in?  
What are my hobbies? |

<table>
<thead>
<tr>
<th>My Preferences</th>
<th>My Needs</th>
</tr>
</thead>
</table>
| What works for me? What helps me be successful?  
Where do I see myself in the future:  
• Living?  
• Working?  
• Doing for fun? | What are the accommodations that help me?  
How can others help me?  
What are some things that are difficult for me? |
<table>
<thead>
<tr>
<th>Good Day</th>
<th>Now</th>
<th>Action</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What happens on a Good Day?</strong></td>
<td><strong>Does it happen now?</strong></td>
<td><strong>What needs to happen to make it a Good Day?</strong></td>
<td><strong>Who can help me?</strong></td>
</tr>
<tr>
<td>What do I need to Do to have a good day?</td>
<td>Am I getting what I need during the day?</td>
<td>What do I need to make this happen?</td>
<td></td>
</tr>
<tr>
<td>What are my strengths?</td>
<td>If yes, GREAT! Keep it up</td>
<td>What strategies should I create?</td>
<td></td>
</tr>
<tr>
<td>What makes me happy?</td>
<td>If not, move to next column to think of options and alternatives</td>
<td>What goals should I set for myself?</td>
<td></td>
</tr>
<tr>
<td>What things are always present on good days?</td>
<td></td>
<td>What do others do to make this happen?</td>
<td></td>
</tr>
</tbody>
</table>

If yes, GREAT! Keep it up.

If not, move to next column to think of options and alternatives.

What do I need to make this happen?

What strategies should I create?

What goals should I set for myself?

What do others do to make this happen?

Is there a reasonable alternative?

What people can help me have a good day?

What do others do to make this happen?

Is there a reasonable alternative?

What people can help me have a good day?

Who is my network of support?

Can I be the support person for this?
What is one of my goals? The goal can be short-term or long-term.

What action step(s) do I need to take to reach my goal?

Who are the people in my life who can help me reach my goal?

Who will help hold me accountable to reach this goal?

Results of attaining this goal.

How will I benefit from accomplishing this goal?

New opportunities that I will have after attaining this goal.

People Who Can Support Me to Reach My Goal

Who are the people in my life who can help me reach my goal?

Who will help hold me accountable to reach this goal?