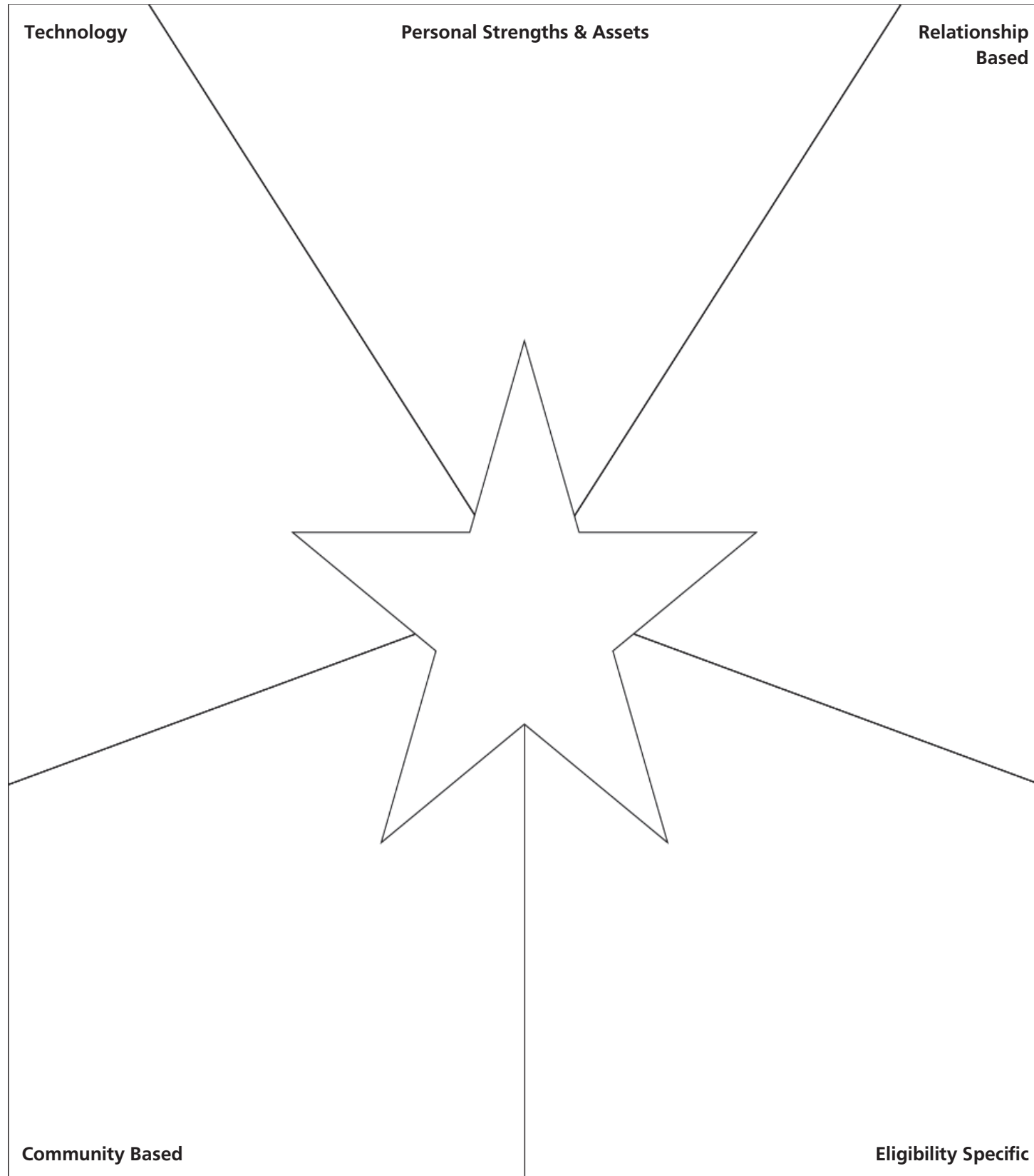




## Integrated Services and Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.



Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)



## My LifeCourse Portfolio

\_\_\_\_\_ 's **ONE-PAGE PROFILE**

What people like & admire about me

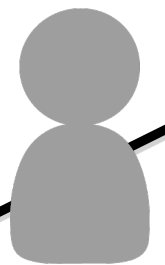
**What's Important to ME**

**How to Best Support ME**

# Life Trajectory Worksheet

**Past Life Experiences**  
LIST past life experiences and events that supported your vision for a good life.

LIST past life experiences that pushed the arrow toward things you don't want.

  
Write current age here

**Future Life Experiences**  
LIST current/ future life experiences that continue supporting your good life vision.

LIST life experiences to avoid because they push you toward things you don't want.

**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...

