


# CHARTING the life course




## Life Trajectory & Integrated Services/Supports Worksheet

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identify what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life. The bottom section is to help you brainstorm about the different supports that are in your life now, or that could be in the future.

### VISION for a GOOD LIFE




**Individual**




**Family**

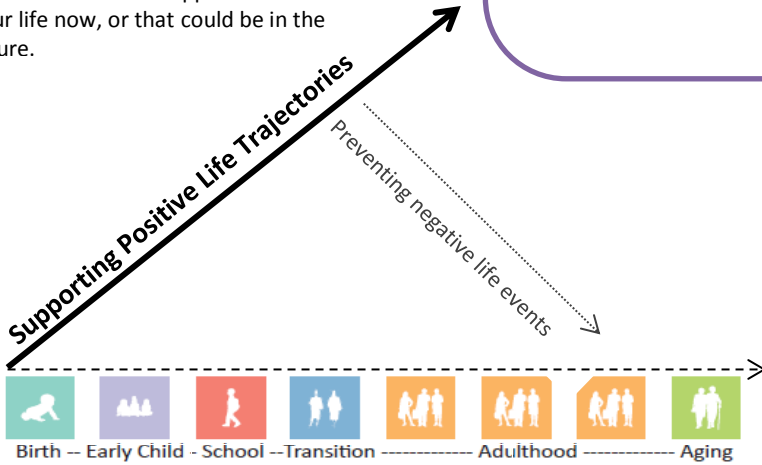
### What I DON'T Want



**Individual**



**Family**



\* This one-page can be linked to the information provided on the Integrated Services & Supports chart and star worksheet.

**EARLY CHILDHOOD**

**SCHOOL AGE**

**TRANSITION AGE**

**ADULT/AGING**

	EARLY CHILDHOOD	SCHOOL AGE	TRANSITION AGE	ADULT/AGING
Personal Strengths & Assets				
Relationship Based Supports				
Technology				
Community Resources				
Eligibility Specific Supports				

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