



**SIGNATURES**

_____	_____	_____	_____
<i>Person served</i>	<i>Date</i>	<i>Provider Staff</i>	<i>Date</i>
_____	_____	_____	_____
<i>Parent/Guardian</i>	<i>Date</i>	<i>Additional Supporter</i>	<i>Date</i>



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

What people like & admire about me (My contributions and talents)


**What's Important to ME**  
(My conditions, preferences, values)

**How to Best Support ME**  
(Strategies for working together)

# Life Trajectory Worksheet

**Past Life Experiences**  
Review last year's goals

Review what didn't work last year



Write current age here

**Action Steps to the Future**  
List goals for the upcoming year

List risks and obstacles that might push your trajectory toward what 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...

