

WHAT IS A VISION?

Your Vision is a statement of what you want your life to be like in the future.

Your Vision may include areas such as:

- Daily Activities
- Independent Living & Housing
- Relationships
- Hobbies, Recreation & Leisure
- Health & Wellness
- Transportation
- Money Management

This guide can help you break down these topics and come up with a really great Vision! Remember though – you may change as you get older, learn new skills, and develop new interests. It is okay for your Vision to change too!

When you start to develop your vision, it is important to think about your likes and dislikes. This can help you make decisions about your future.



Likes



Dislikes





This section is about what you will regularly do during the day. You may want to spend your days working at a job, taking classes, volunteering, or attending a program. Some people choose to do a combination of these things.

Think about what type of activities would be interesting and meaningful to you. Remember that you don't need to know for sure now – these plans may change as you keep learning and developing new interests!

What I want to do:

Blank purple box for writing 'What I want to do:'

What I already know:

Blank purple box for writing 'What I already know:'

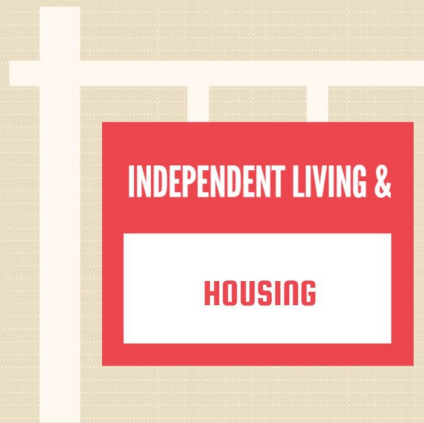
What I need to learn:

Blank purple box for writing 'What I need to learn:'

Vision Sentence

Blank purple box for writing a 'Vision Sentence'





This section is about where and how you want to live as an adult. You may want to live with your family, or you may want to move out and live in an apartment or house with other people or by yourself. Wherever you live, there are certain skills that you should have to be independent, such as cooking, cleaning, laundry, and basic house maintenance.

Think about what kind of support you might need in your living situation and how you can increase your independence. Are there tasks other people do for you right now that you could start to do for yourself?



What I want to do:

Blank orange box for writing.



What I know now:

Blank orange box for writing.



What I need to learn:

Blank orange box for writing.

Vision Sentence

Blank orange box for writing a vision sentence.





This section is about the important people, or types of people, you want to have in your life. This may include friend, family, and/or romantic relationships.

Think about the relationships you have now. How can you keep these strong as you get older? Are there any new relationships you want to develop? What are some ways that you could meet new people?

What I want:

Empty light blue rectangular box for writing.

What I have now:

Empty light blue rectangular box for writing.

What I need to learn:

Empty light blue rectangular box for writing.

Vision Sentence

Empty teal rectangular box for writing a vision sentence.



RECREATION

HOBBIES

LEISURE

This section is about what you like to do for fun. These may be things like sports that you play, lessons or classes you take, activities you like to do, or places you like to go.

Think about what you do now for fun that you want to keep as a part of your life as you get older. Are there new hobbies or activities you want to try? How could you start doing those?

What I want to do:

What I do now:

What I need to learn:

Vision Sentence



HEALTH

&

WELLNESS

This section is about taking care of yourself. This includes your physical health (physical activity, healthy eating, hygiene, sleep, and medical care) as well as your mental/emotional health (happiness and well-being, self-esteem and resilience, anxiety/stress, and self-advocacy).

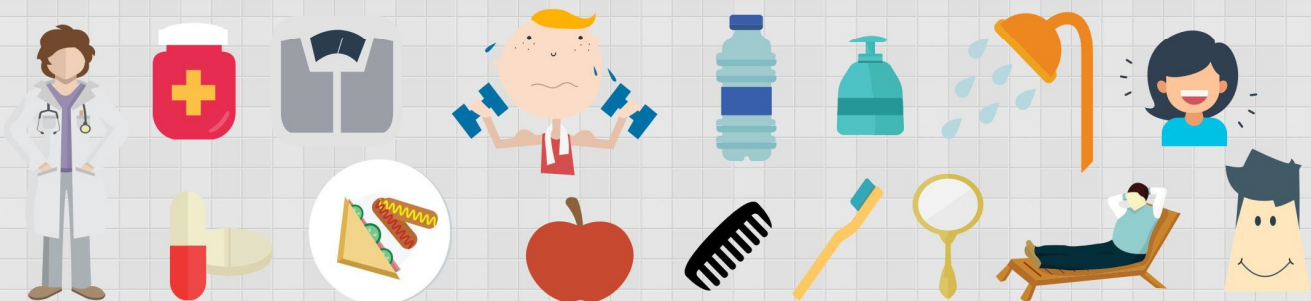
Think about what you do now to take care of yourself. Are there ways you can start to take the lead with your own health and wellness?

WHAT I WANT TO DO

WHAT I DO NOW

WHAT I NEED TO LEARN

Vision Sentence





This section describes how you will travel to your daily activities. This may be by driving, taking public transportation, biking, walking, getting rides from family/friends, or using a transportation service (e.g., Uber, taxis, or The Ride).

Think about what type of transportation you might want to use. What kinds of transportation resources are available where you live? Is there a new system you could learn about and try out?

What I want to do:

Blank green rectangular area for writing.

What I already know:

Blank green rectangular area for writing.

What I need to learn:

Blank green rectangular area for writing.

Vision Sentence

Blank green rectangular area for writing a vision sentence.





This section is about managing money. This includes knowing how to handle money, keeping a balanced budget, using a bank and ATM, using a credit or debit card, saving, and spending money wisely.

Think about your money habits: do you spend money as soon as you get it, or do you save up for big purchases? Where does your money come from now, and where might it come from in the future?

What I want to do

Blank orange rectangular area for writing.

What I know now

Blank orange rectangular area for writing.

What I need to learn

Blank orange rectangular area for writing.

Vision Sentence

Blank brown rectangular area for writing a vision sentence.

