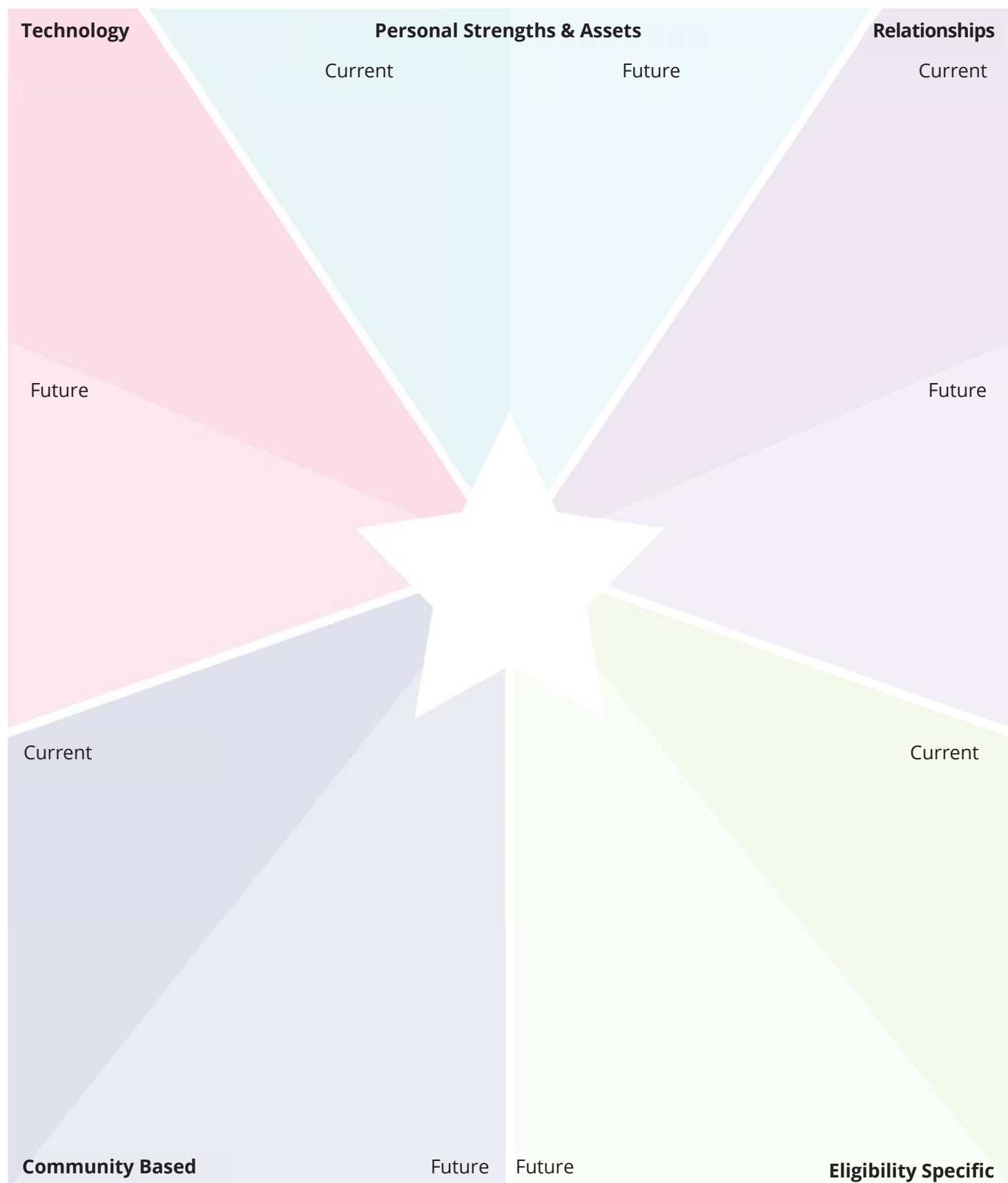




## Integrated Services and Supports

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

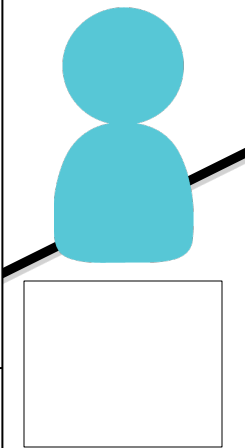
How to Best Support ME

# Life Trajectory Worksheet

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

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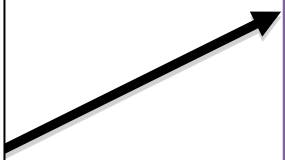
LIST past life experiences that pushed the arrow toward things you don't want.



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

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



**VISION for a GOOD LIFE**

**What I DON'T Want**  
LIST the things you don't want in your life...

