

## Your care plan should answer these questions...

- ★ What do I need to include?
- ★ What do I want to include?
- ★ Where am I struggling and know I'll need extra support?
- ★ Where do I want to end up?



**What do I care about?**



**What do I understand?**  
and where do I need more clarity?

**Where do I need support?**  
and where can I get it?

**Where can I pivot to get more of what I want?**

# WHO IS ON MY SUPPORT TEAM?



**What are my boundaries?**

A large, empty white rounded rectangular box with rounded corners, intended for the user to write their response to the question above it.

**What are my goals?**

A large, empty white rounded rectangular box with rounded corners, intended for the user to write their response to the question above it.

**What are my resources? What are my strengths?**

