Workbook 2

my choice matters
NSW Consumer Development Fund

Living Life
My Way

What will give me a good life?

What I do

Who I know

What I hope for

My name

Where I live

My phone number

The book you are looking at has ideas about what will give you a good life.

You can use this book

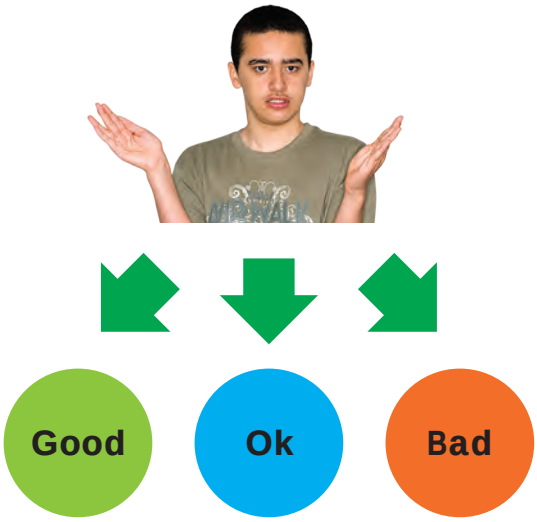
- by yourself
- with your family
- with a friend
- with a group of people.

There are 3 books that will help you say what will give you a good life.

They are called

- What are my needs and dreams?
- What I do
  Who I know
  What I hope for
- Can funding get me a good life?

Is your life good?



Most people say that

- some parts of life are good
- some parts are OK
- some parts of life are bad.

But it can be hard to work out what you want to keep happening in your life.

And what you want to change.

This book helps you think about things that can make your life good.

This book talks about

- what you do each day
- the people you know
- your hopes and dreams.

This will help you plan your good life!

A plan has ideas to help you achieve what you want.

It will help you tell other people what you want.

Like your family, friends and the people who support you.

You can also tell the National Disability Insurance Scheme.

This is called the NDIS.

On pages 4, 5, 6, 7, 8, 9 and 10 there are some spaces for you to say what you do now.

You can say what you like doing.

And what you do not like doing.

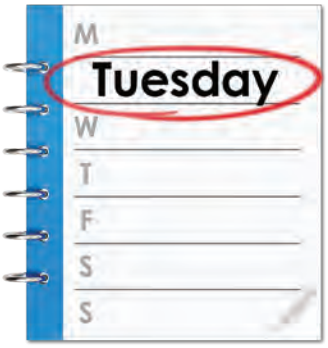
What do I do each day?

Write or draw what you do on **Monday**

✓ Tick the things you like.

✗ Cross the things you do not like.

Monday	
Morning	
Afternoon	
Night	



Write or draw what you do on **Tuesday**

Tick the things you like.

Cross the things you do not like.

Tuesday	
Morning	
Afternoon	
Night	

Write or draw what you do on **Wednesday**

Tick the things you like.

Cross the things you do not like.

Wednesday

Morning	
Afternoon	
Night	

Write or draw what you do on **Thursday**

Tick the things you like.

Cross the things you do not like.

Thursday

Morning	
Afternoon	
Night	

Write or draw what you do on **Friday**

Tick the things you like.

Cross the things you do not like.

Friday	
Morning	
Afternoon	
Night	

Write or draw what you do on **Saturday**

Tick the things you like.

Cross the things you do not like.

Saturday

Morning	
Afternoon	
Night	

Write or draw what you do on **Sunday**

✓ Tick the things you like.

✗ Cross the things you do not like.

Sunday

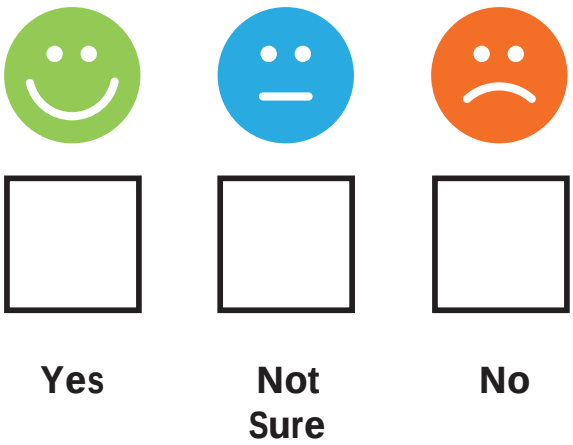
Morning	
Afternoon	
Night	

Now you have said what you do each day and

- you have ticked the things you like

- you have crossed the things you do not like.

You can talk to someone you trust about what you wrote.



We have also made some questions to help you think more about what you want to do in your life.

The questions start on page 12.

These questions are to help you think about what you want to do each day.

Answer the next 4 questions.

Am I happy with everything I do now?

☐ Yes ☐ Not Sure ☐ No

Do I want to spend more time doing something?

☐ Yes ☐ Not Sure ☐ No

Do I want to do any extra things each week?

☐ Yes ☐ Not Sure ☐ No

Do I want to stop doing anything?

☐ Yes ☐ Not Sure ☐ No

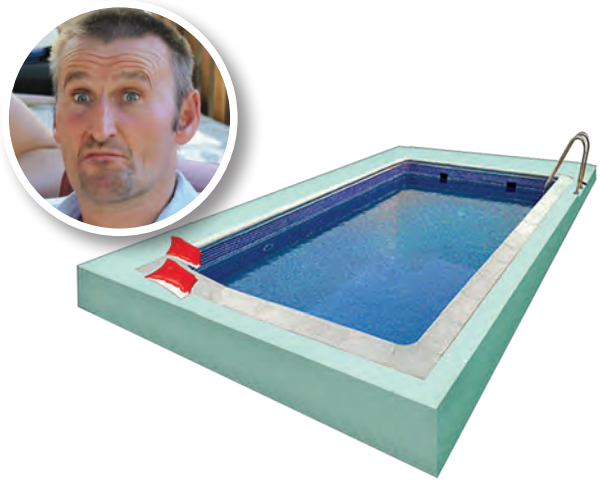
Examples of what Shu-Hua, Jack and Matthew love to do

Shu-Hua loves animals.

She would like to spend more time with animals

Jack wants to get a job.

He would love to be a policeman



Matthew loves swimming in the pool.

Matthew would love to do more swimming.

Write or draw any things you want to do more.

You can look at what you do each day on pages 4 to 10 to get ideas.

You can also look at the examples on page 13.

Are there any things you want to stop doing?

You can look at what you said you do not like on pages 4 to 10.

Write or draw your answers below.

The people I know

A big part of what makes life good or bad is the people you know.

Sam knows lots of people who care about him.

This makes him happy.

Li wants to know more people.

She says that she is lonely.

The next questions will help you think about the people in your life.

Answer the next 4 questions.

Do you spend time with people who are in your family?

☐ Yes ☐ Not Sure ☐ No

Do you know people who you would like to see more?

☐ Yes ☐ Not Sure ☐ No

Would you like to know more people?

☐ Yes ☐ Not Sure ☐ No

Are there people you would like to see less?

☐ Yes ☐ Not Sure ☐ No

Examples of people who are important to Jonathon, Margaret and Jacob

Jonathon has a family and friends.

He talks to them about things he needs to decide.

Margaret hosted a Christmas party for people who live near her.

Now she knows people in her local area.

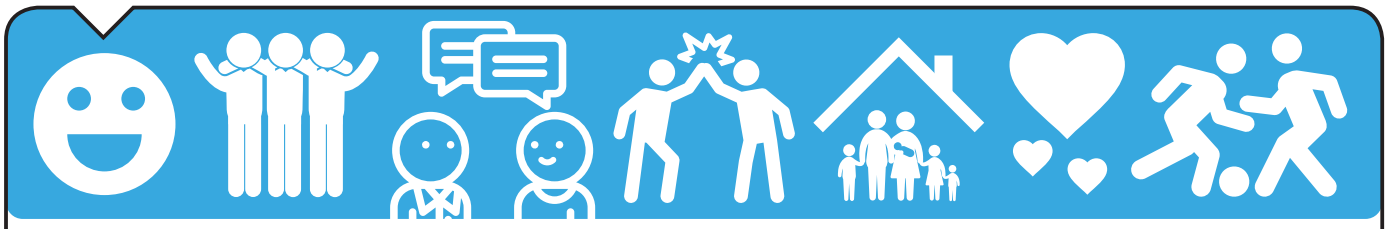
It makes Margaret happy to talk with people she knows.

Jacob loves going out with his friends.

He goes to see bands and meets other people who like the same music.

Who are all the people you know?

Write or draw your answers below.



My hopes and dreams

Something that can make life good is having hopes and dreams for the future.

That means having something to look forward to.

Job **Pet**

Dreams can be big or small.

You may know how to get what you dream for.

You may not know if you can achieve your dream.

That does not matter.

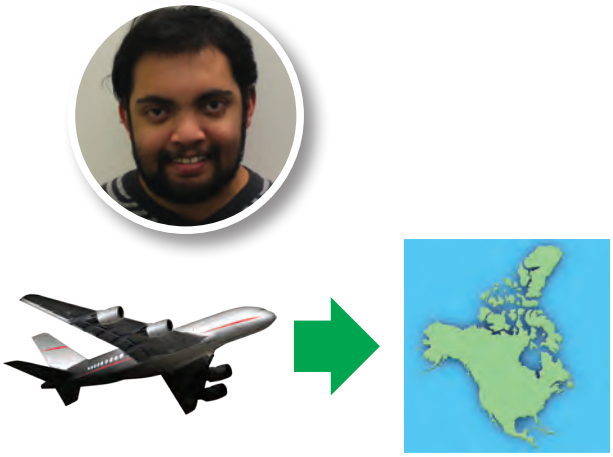
You can

- ask for help
- talk to people who have the answers
- look up information.

Think about your dreams.

Examples of hopes and dreams for the future

Young-Joo would love a job as an Auslan interpreter.



Charitha's dream is to travel to America.

He wants to go to Las Vagas.

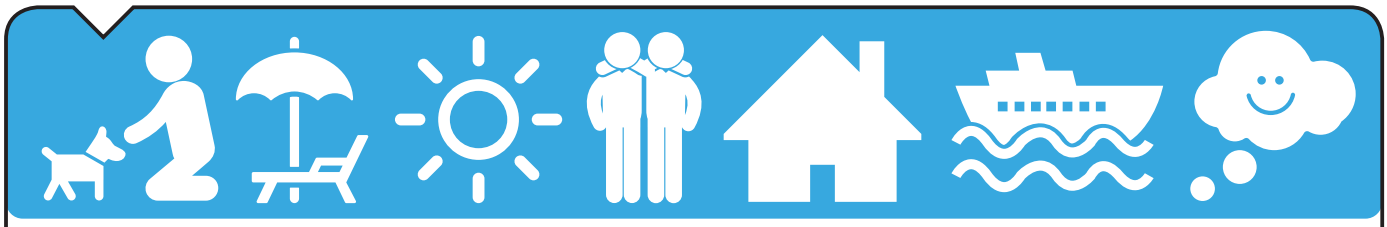
Leigh wants to get married.

He wants to have children.

What are your dreams?

What do you hope will happen?

You can write or draw your answers below.



In 2 weeks?

In 6 months?

In 12 months?

In 5 years?

Year 1	Year 2	Year 3	Year 4	Year 5

You have now thought about

- what you do each day
- the people in your life
- your dreams.

Look at what you have said in this book.

Think about the things that make you most happy about your life.

There are 2 questions for you to answer below.

Write or draw your answers below.

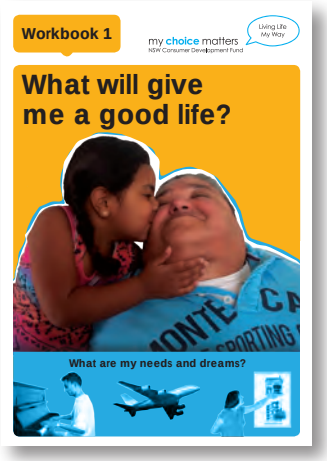
What is the best thing in your life?

_____

What is 1 thing you would like to change in your life?

_____

Do you want to know more?



You can look at book 1.

You can look at book 3.

mylearningmatters

You can get more ideas from a website called **My Learning Matters**

www.mylearningmatters.org.au

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NSW Consumer Development Fund
Living Life My Way

You can contact **My Choice Matters.**

The ways you can contact us are on the last page.

Thinking space

Here is a space for you to write or draw any other things about what you do, who you know and what you hope for.

Ways you can contact us

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Living Life
My Way

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Council for
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This book was made by **My Choice Matters**

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is an initiative of the New South Wales Government.