








## AMBASSADOR SERIES | EXPLORING LIFE POSSIBILITIES

Explore the types of activities, services or supports that are available by each life domain. Start with traditional options or supports that have been around a long time. Then list as many of the current options available in your community right now. Then expand your thinking by exploring innovative or new ideas that may not be available to you, yet. Get started on your own and then begin asking others who can help you explore more possibilities.

	 Daily Life & Employment	 Community Living	 Healthy Living	 Safety & Security	 Social & Spirituality	 Advocacy & Engagement	 Supports to Families	 Integrated Supports
Innovative or New Ideas								
Inclusive, Community-Based Options								
Traditional Options								



## Life Trajectory | Planning

Past Experiences	Moving Forward	Vision for What I Want
<p>List past life experiences and events that have supported your vision for a good life</p>	<p>List current or future life experiences or goals that will continue to support your good life vision</p>	<p>List what you want your "Good Life" to look like:</p>
<p>List past life experiences that pushed your trajectory toward things you don't want</p>	<p>List things to avoid that could keep you from your good life vision or lead to what you don't want</p>	<p><b>What I Don't Want</b></p> <p>List the things you don't want or what is NOT a "Good Life"</p>