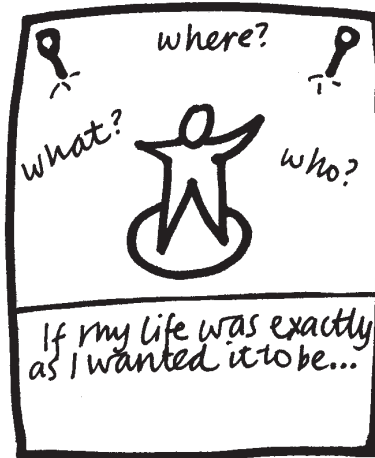


My dreams

What is the tool?

This tool is a way to start to think about what you want in the future.



How can it help me with my support plan?

Your support plan is a way to change your life and have a better future. Thinking about your dreams - how you would like your life to be if anything was possible, is a way to set the direction for your support planning. It can help you to 'think big' - most of us have dreams about how we would like our lives to be. This tool is useful in starting to think more about these dreams and then thinking about your outcomes for your support plan - what practical steps could take you in that direction.



How can I use this?

Here are some questions that can help in thinking about your dreams and ideal future.

If I woke up and my life was exactly how I wanted it to be...

- Where would I live? Who with (if anyone)? What would my home be like?
- Who would be in my life?
- What would I do for fun?
- What would I do for work (or volunteering, or making a contribution in another way)?
- Where would I go (during the week, on holiday)?
- What else would I do – during the day, in the evenings, at the weekends?
- What else would I have in my life (for example, possessions)?
- How would I feel if all this was happening?

You could simply write your answers on paper, or draw a picture of your ideal life.

Some people like to think about this with their friends and family to create a description of their ideal life.

You won't be able to achieve your ideal life just through your support plan, but you can use this as a guide, to make sure what you decide in your support plan takes you in the direction of your ideal future.

You can also use it as a check list when you have finished your support plan, and ask 'Do the actions and decisions that I have made in my support plan take me in the direction of my perfect life?'