

My "Game Plan" for Today

The purpose of this plan is to support me to have a positive day focused on moving forward to achieve my personal goals through positive activities and positive, lasting relationships. This daily plan guides what support I need from you EACH DAY so I can a) have a good day, b) do the things that matter to me with the people that matter to me and c) move forward toward achieving the life I want for my future. This is my plan & each day I want you to help me use these guides to move my life forward. Just as my wants/needs can change over time what we do in this plan each day may also be different over time to reflect my changing wants/needs. My Emotional Wellness Guide and Community Support Plan provide broader overview of ALL the things across my life that are important and tips for what MAY come up in a day; this plan is so you can help me with TODAY and what of all those things I WANT to do today or I NEED help with today. This plan should NOT be filled out ahead of time as it is a plan I need you to help me develop each day and as we go through each day.

Name:

Address:

Phone #:

DOB:

Date:

<i>Practicing and Cultivating Hope (Starting each day with reflection and gratitude)</i>	
Talk with me about and help me express at least two things I am grateful for today	<i>Help me write/express the two things I have identified:</i>
Plan for how we will celebrate and remember throughout the day these things	<i>Write down so we can remember and share with others who may support me what works:</i>
<i>Today's Plan</i>	
These are the things I want or need to do today to move toward my goals	<i>Which goals do I want to work on today? (Each day is different and I will want to prioritize different things that matter to me and its ok if some days I just don't feel like working on certain things, but if I frequently don't have interest in ANY of my personal goals it means we probably should talk with my team about if I want to change them)</i> <i>What actions/activities will move this forward today?</i>
These are the things I want to do today to stay "well"	<i>Help me look at my Emotional Wellness Guide and pick the things I want to do today: (There are many things/activities/people/etc that help me live a "well" life, but each day which ones I want to do will be different so check with me to see what matters most to me today)</i> <i>Here is what I need you to do to support me to do those things today:</i>
These are the people I want to connect with today	<i>Who do I want to call?</i> <i>Who do I want to visit?</i>
These are new things I want to try today	<i>Help me think about if there are any new things I want to do, food/drink I want to try, places I want to go (Please remember this is my choice and it is ok if I don't want to try new things today, I just need you to ask me so that if I do and I need your help we can work together to make it happen)</i>

<i>Strength Spotting (Help me to see my strengths each day and use them)</i>	
These are my top strengths so if I struggle today help me think about how I might use them	<i>Think about strengths I (and those who know me best) have identified and help me think about them as we start the day, write them here:</i> <i>What might be some words/reminders you could give me if I struggle today and need to use one of my strengths:</i>
Throughout our time together today, help me “spot” my strengths	<i>Help me write/express the strengths I used today:</i>
<i>Celebrating Today</i>	
As we end our day, let’s talk about what went really well today	<i>Help me write/express the two things I have identified:</i>
Help me to celebrate these things	<i>Write down so we can remember and share with others who may support me what works:</i>
Help me think about what we learned today	<i>What new things did I learn that I like today:</i> <i>What new things did I learn that I do not like today and don’t want to repeat:</i> <i>Is there anything I want to change in my goals or supports after today:</i>