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# A good life for me: my life goals

What my behaviour support practitioner needs  
to know about my needs for a good life for me



The  
Right  
Direction

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Working together on positive  
behaviour support (PBS)

# Use this workbook to establish goals for living a good life

## Instructions for behaviour support practitioners

This workbook is a tool for behaviour support practitioners to use and with participants who show behaviours of concern. It is not intended for the participant to complete on their own, but instead as a workbook completed with your support.

This workbook builds on what you already know about the person. It helps you understanding the person's long-term goals for their future and what they might want or need to change in order to get there. You will then work together on [setting behaviour support goals](#) that align with the person's ideas of what they want more of in their life and what a good life looks like for them.

It is designed to help you understand strengths and challenges from the participant's perspective and work together on identifying life goals so that behaviour support planning can then focus on making the changes needed to achieve their needs and wants for a long-term good life.

This workbook provides conversation-starters and should be used together with follow-up questions. Take notes in this workbook and keep it as a record of your conversation to guide you when [writing the behaviour support plan](#).

## Before starting this workbook

This workbook is in Word format, so you can edit it to suit your participant's needs or situation. Please note that the images in this workbook have been used under licence and may not be reused in other contexts.

You are likely to build on information you have already learned about your participant, through [Yarning](#) and [getting to know each other](#).

You may wish to use the following tools that have either been completed previously, or bring them with you to this session in case they're needed.

- [Getting to know each other](#)
- [The Spectrum of Participation in behaviour support planning](#)
- [Your support network](#), including:
  - [the Hand of Trust](#), and
  - [support networks](#) (and the participant's relationship to them).

## When using this workbook

1. **Check in** with the person to see if now is the right time for this conversation.
2. **Create a comfortable space** – Ensure a quiet, relaxed environment with any needed support tools.
3. **Provide information** – Make sure the participant understands who you are, why you are there, what this workbook aims to do and what the information will be used for before getting started (see [My communication rights in behaviour support planning](#)).
4. **Encourage participation** – Let the person take their time and involve a trusted person from their support network, if needed (see [Engaging effectively](#)).
5. **Get consent** – Explain the purpose and reassure the person they can choose what they want to share (see the [My communication rights poster](#)).
6. **Adapt as needed** – Allow different ways to respond, take breaks, and adjust or reword questions where helpful (see [Adapting communication for different people](#), [Signs of successful communication and engagement](#) and [Different communication techniques](#)).
7. **Respect their choices** – Skip or change sections based on what you can see from the person's communication (ie: words, body language etc.).

# What a good life looks like for me

## A workbook for behaviour support participants

This behaviour support plan is about me!

It helps others know what makes me happy, safe, and respected and how certain things happening in my life affect my behaviours.

The purpose of this workbook is to use with my behaviour support practitioner to talk about:

- what works well in my life,
- when I am happiest, and
- what I want my life to be like in the future.

It can also help me talk about what I don't like or what makes me feel scared or angry.

This sheet talks about important parts of my life:

- being part of my community,
- making my own choices,
- learning and growing,
- feeling and being respected,
- my relationships, and
- my 'good life' goals.

I can also use this worksheet to think about what my goals are for the future as part of 'my good life'.



## Being part of my community

Places I like to visit:

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Places I don't like to visit:

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Things I like doing in my community:

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Things I don't like doing in my community:

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If there was anything I would like to change about my participation in the community, what would it be?



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Do I feel safe in my community?   ☐ ☐ Why or why not?

Yes No

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When I think about a good life for me...

... how would I like to be part of my community?

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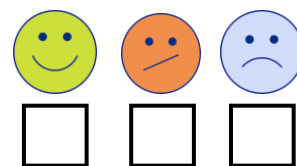
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How important is this to you?

Talk with your behaviour support practitioner about what might need to change to make this happen when setting [your behaviour support plan goals](#).



## Making my own choices

Important choices I like to make:

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How I tell people what I want:

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Do people listen to my choices?


☐

Yes

☐

No

Are there choices that I want to have more control over?

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Do you need or want help with making choices and decisions?

☐

Yes

☐

No

How can we help you?

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When I think about a good life for me...

... how would I like to make choices?

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Talk with your behaviour support practitioner about what might need to change to make this happen when setting [your behaviour support plan goals](#).



## Learning and growing

Do I enjoy trying new things?



Why or why not?

☐

Yes

☐

No

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How I like to learn (eg: watching, listening, and doing):

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What helps me when learning something new?

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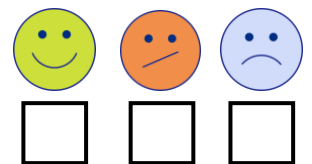
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When I think about a good life for me...

... what new things would I like to learn or try?

[illegible]

How important is this to you?

Talk with your behaviour support practitioner about what might need to change to make this happen when setting [your behaviour support plan goals](#).



## Feeling and being respected

Things I am good at:

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What makes me feel valued and important?

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How I like people to communicate with me:

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What I want others to know about me:

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Are there times I feel like people don't listen to me?

☐

Yes

☐

No

When?

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When I think about a good life for me...

... how do I feel about the people in my life?

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... how do I want to get on with the people in my life?

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... how would I like people in my life to feel about me?

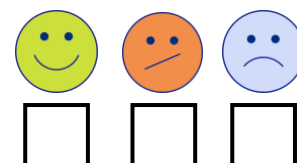
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How important is this to you?

... how would I like people in my life to act toward me?

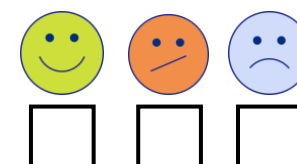
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How important is this to you?

Talk with your behaviour support practitioner about what might need to change to make this happen when setting [your behaviour support plan goals](#).





## My relationships



Do I want to make new friends?

☐
☐

Why or why not?

Yes

No

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What helps me feel safe and supported in my relationships?

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Do you need help to build or strengthen your relationships?

☐
☐

Yes

No

How can we help you?

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When I think about a good life for me...

... who are the people most important people to me?

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... who would I like to spend more time with?

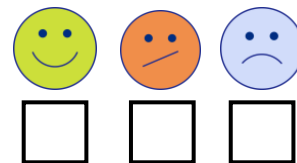
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How important is this to you?

... who would I like to spend less time with?

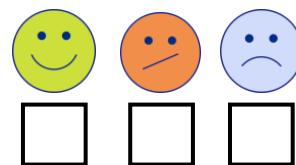
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How important is this to you?

Talk with your behaviour support practitioner about what might need to change to make this happen when setting [your behaviour support plan goals](#).



## My 'good life' goals:

What are the 3 most important things you would like as part of your good life?

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

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**[therightdirectionpbs.com](https://therightdirectionpbs.com)**

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NDIS Quality  
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