

Planning Journal

# MY AWESOME BOOK OF ME

My name is

What I like being called

Date: \_\_\_\_\_

This booklet was prepared by: \_\_\_\_\_







# PICTURES OF ME

INSERT OR  
DRAW A PICTURE





# EXAMPLES

## Gifts of my Head, Heart & Body

**loud**

**gentle**

**resilient**

**natural**

**amazing**

**brave**

**daring**

**creative**

**funny**

**passionate**

**musical**

**thoughtful**

**thinker**

**strong**

**heroic**

**decisive**

**kind**

**generous**

**empathetic**

**dramatic**

**musical**

**adventurous**

**sporty**

**truthful**

**loving**

**intelligent**

**artistic**

**engaging**

**entertaining**

**loyal**

**unique**

**good friend**

**talented**

**reliable**

**calm**

**creative**

**helpful**

**determined**

**truth teller**



# SUPER AWESOME THINGS ABOUT ME

Gifts of my Head, Heart & Body

**ADD YOUR  
OWN WORDS,  
AS MANY  
AS YOU LIKE!**

See examples on opposite page



# My Culture

**Where I am from**

**Languages I speak**

**Important things about my culture**

**My spirituality**

**Traditional days/celebrations**

**Where is your mob from? Your father? Your mother?**

**Mark the area  
with an X.**



**Things I want to know more about my culture**

**Who can help me with this?**





# My Dreams

DREAM, IMAGINE, BELIEVE

Dreams for myself and/or my family  
and loved ones' dreams for me



# WHO IS IN MY LIFE RIGHT NOW

Me	Family / Carers
Neighbours + Community	Doctors + Specialists
Sports Coaches/Teams	Therapists/Support Workers

**Friends now**

**Friends I would  
like to see again**

**Favourite subjects  
at school**

**Where I know  
my friends from**

**My hero is**

**My nickname**

## **MY FAVOURITE THINGS**

**book** \_\_\_\_\_

**place** \_\_\_\_\_

**song** \_\_\_\_\_

**sport** \_\_\_\_\_

**movie** \_\_\_\_\_

**make up** \_\_\_\_\_

**food** \_\_\_\_\_

**tech** \_\_\_\_\_

**game** \_\_\_\_\_

**social  
media** \_\_\_\_\_

**clothing** \_\_\_\_\_

**animal** \_\_\_\_\_

**drink** \_\_\_\_\_

**person** \_\_\_\_\_





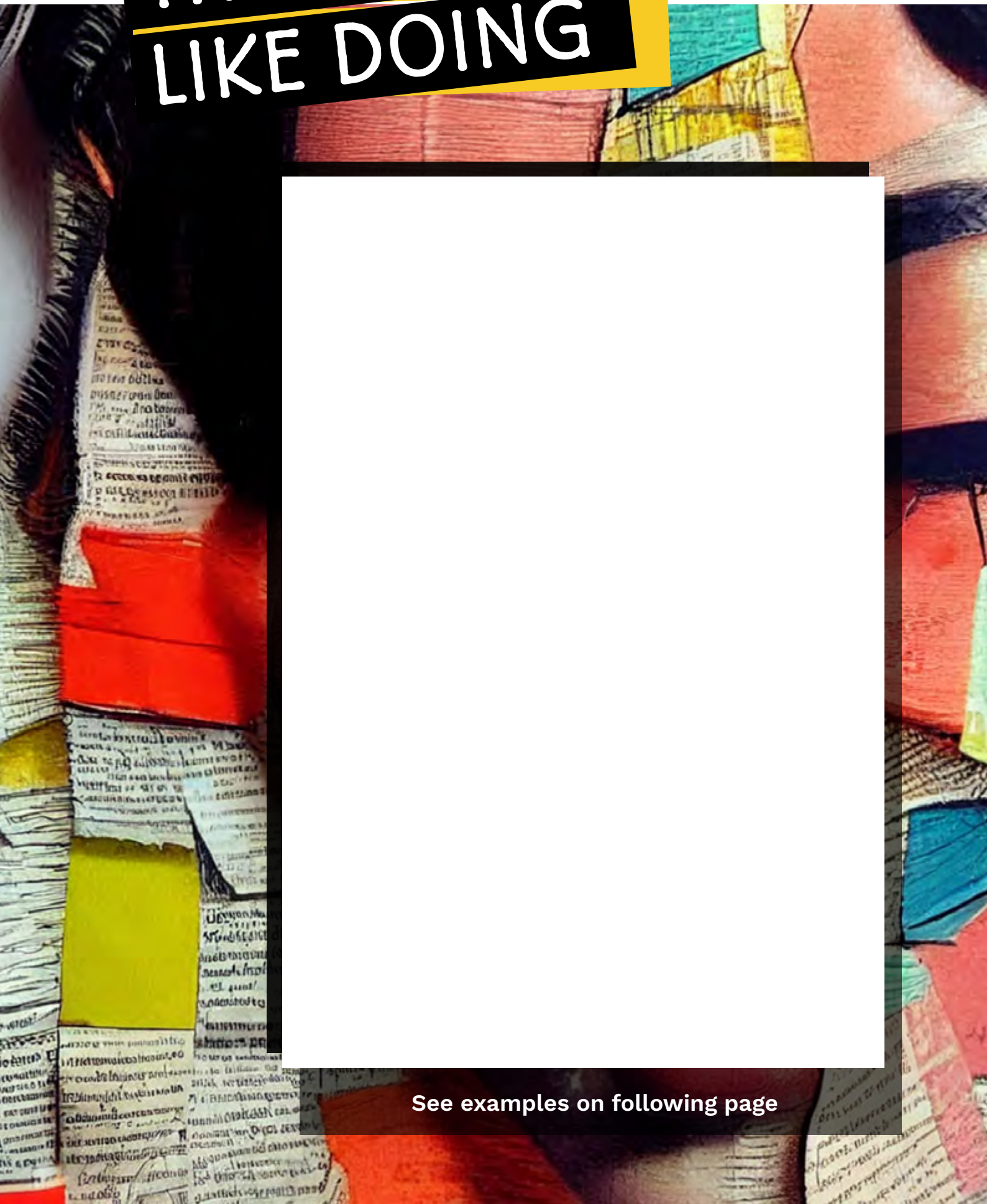
MY LIKES

A large white rectangular area for listing likes.

MY DISLIKES

A large white rectangular area for listing dislikes.

# THINGS I LIKE DOING



See examples on following page



# EXAMPLES

**kicking goals**

**painting**

**gardening**

**camping**

**sport**

**playing an  
instrument**

**essays**

**the beach**

**board games**

**writing songs**

**cooking**

**pizza**

**massages**

**dancing**

**reading**

**loud music**

**sunsets**

**exercise**

**trivia**

**drawing**

**inventing  
things**

**sleeping**

**lego**

**puzzles**

**travelling**

**science**

# THINGS I DON'T LIKE DOING



See examples on following page



# EXAMPLES

**team sports**

**brushing my teeth**

**chores**

**brushing my hair**

**exercising**

**cleaning up after pets**

**worrying**

**eating vegetables**

**haircuts**

**going shopping**

**math**

**tidying my room**

**loud people**

**waking up early**

**cooking**

**making my lunch**

**homework**

**washing my hair**



# Family/Carer thoughts

What are your  
favourite things about:



**What are their gifts?**





# More about me

**Things I like to think about:**

**What's important to me?**  
**Things I don't want to forget:**

**Things I'd like to change:**

# MY WEEK

**MONDAY**

Put a ✕ next to things you don't like so much.

Put a ☆ next to things you really like doing in your week.

**TUESDAY**

**SATURDAY**

**WEDNESDAY**

**THURSDAY**

**SUNDAY**

**FRIDAY**

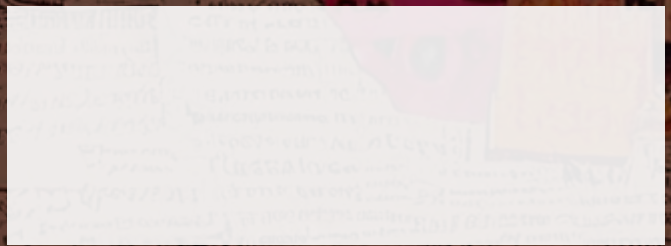


# What my day usually looks like

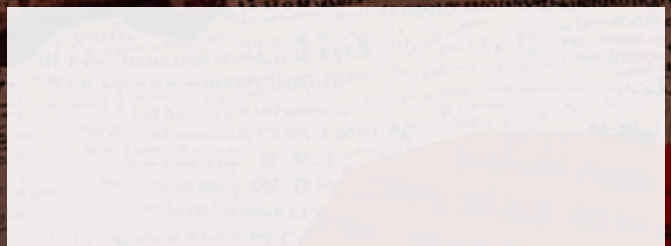
TIME

ACTIVITIES

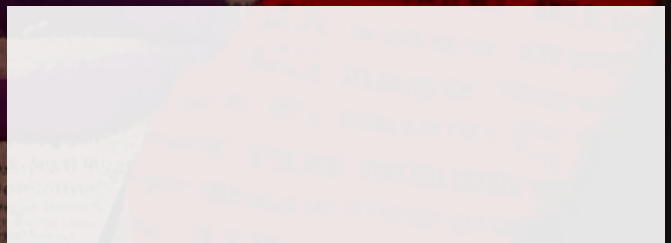
Wake up



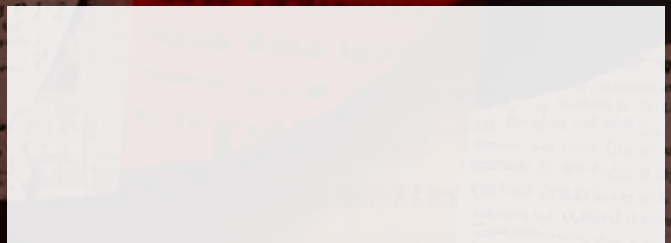
Morning



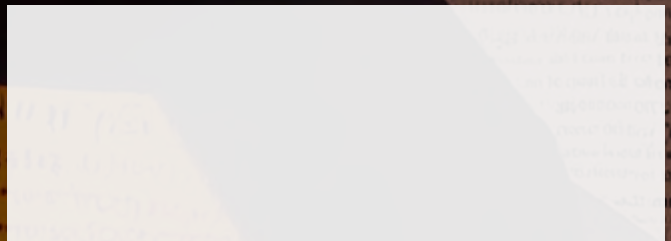
Afternoon



Evening



Bedtime





# WHAT'S NOT WORKING

What do I need more help with?

Who can help me with this?

EVERYONE NEEDS HELP, SOMETIMES!





**Decisions** I MAKE

**Decisions** MADE WITH ME

**Decisions** MADE FOR ME

# What makes me feel...?

Happy

Bored

Sad

Scared

Angry

Sick

Unsafe

Safe



# How do I let you know I feel?

(Ways I Communicate – can be words, gestures , behaviour, expressions, sounds)

Happy

Bored

Sad

Scared

Angry

Sick

Unsafe

Safe

WHAT DOES MY LIFE LOOK  
LIKE IN THE FUTURE?





The background of the entire image is a collage of various old maps, documents, and historical illustrations. It features a mix of colors including deep blues, reds, yellows, and browns, with some text and symbols visible on the documents.

Promises to myself

Goals I want to achieve

Who and what type of help do I need with these?

## EXAMPLES OF PROMISES

I will go for a walk with my dog each day.

I will go for a swim on the weekend.

I will choose healthy options.

I will ask for some help when needed.

I will spend less time on screens and devices.

## EXAMPLES OF GOALS

I will swim once a week for one hour to improve my fitness.

I will organise and tidy my room once a week.

I will get dressed and ready each day by myself on time for school.

I want to read more books and will spend half an hour reading each day.

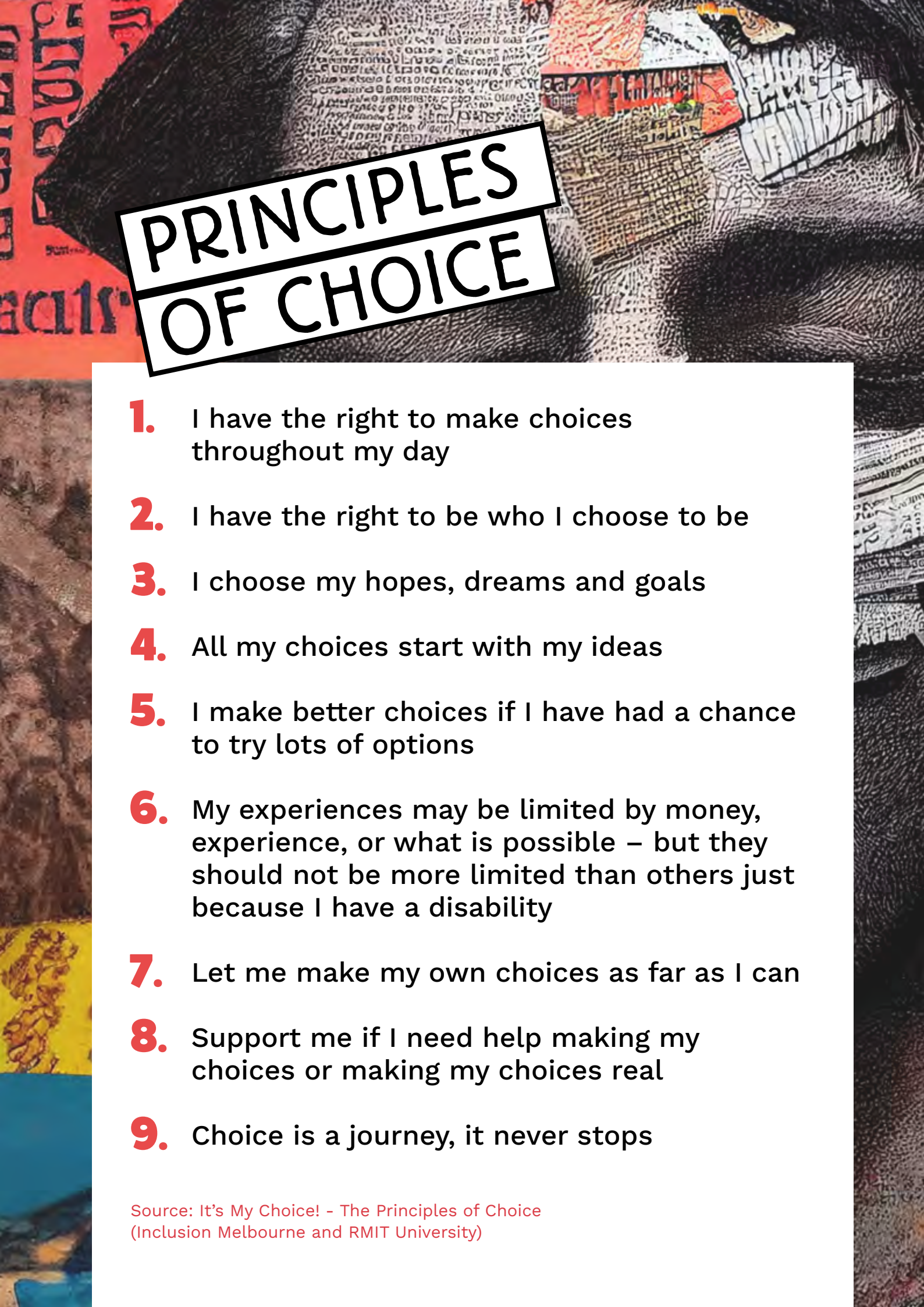
I will plan to meet with my friends in the school holidays.



# My Communication Bill of Rights







# PRINCIPLES OF CHOICE

- 1.** I have the right to make choices throughout my day
- 2.** I have the right to be who I choose to be
- 3.** I choose my hopes, dreams and goals
- 4.** All my choices start with my ideas
- 5.** I make better choices if I have had a chance to try lots of options
- 6.** My experiences may be limited by money, experience, or what is possible – but they should not be more limited than others just because I have a disability
- 7.** Let me make my own choices as far as I can
- 8.** Support me if I need help making my choices or making my choices real
- 9.** Choice is a journey, it never stops



# NOTES



# NOTES



# NOTES





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**[www.waindividualisedservices.org.au](http://www.waindividualisedservices.org.au)**

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