

At first the ground is rough and uneven, and the way a little unclear. The new path is hard to see and doesn't feel comfortable. It's tougher going than the well-worn path. But, as you continue to walk on this new path, it gets easier. The ground becomes even, the walking easier and the new path more and more comfortable. With time – this new path becomes your preferred path, and you stop using the old path altogether.

The new path is a new mindset... a new way of thinking.

Remember that changing mindset takes time and practice.

Starting to identify goals and aspirations for the NDIS now, will give people time to process any mindset shifts.



Establish Current Reality

In the first NDIS planning session, the person with disability will have a discussion about what they are doing now and what they would like to try in the future (2 - 5 years). This will include looking at their daily routine, living arrangements and current relationships and supports.

This is massive, so we are going to pull it apart & start at the very beginning!

Values & Strengths

Before participants can start to investigate potential changes and enhancements to their lives, it's important that they first establish a baseline. A great way to do this is by examining one's values and strengths.

Values

Because articulating your goals can often be a daunting task, a useful place to start is to first clarify your values.

What are values?

"Values are our hearts deepest desires for the way we want to interact with and relate to the world, people and ourselves."

<http://creatingyourbeyond.com/author/brendabomgardner/>

Values are not goals. They offer a way for us to know what goals we want to work on. Values are motivators, which energise us to act upon our goals.

When considering your values (when faced with making an important decision), your values allow you to keep your sense of integrity and what you know is right. They allow you to approach decisions with confidence and clarity, and know that what you're doing is best for your current and future happiness and satisfaction.

WORKSHEET: Identifying your Core Values

1. Identify the times when you were happiest

- What were you doing?
- Were you with other people? Who?
- What other factors contributed to your happiness?

2. Identify the times when you were most proud

- Why were you proud?
- Did other people share your pride? Who?
- What other factors contributed to your feelings of pride?

3. Identify the times when you were most fulfilled and satisfied
 - What need or desire was fulfilled?
 - How and why did the experience give your life meaning?
 - What other factors contributed to your feelings of fulfillment?

4. Determine your top values, based on your experiences of happiness, pride, and fulfillment
 - Why is each experience truly important and memorable?

5. **Use the values cards** (see the PERSONAL VALUES Card Sort by W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne, University of New Mexico, 2001) **below to help you determine your 10 top values.** Then, narrow it down to your TOP 3:

What are your Top 3 Values?

1.

2.

3.

(Worksheet adapted from http://www.mindtools.com/pages/article/newTED_85.htm)

Consider:

- Can these fit in with in with my life and vision for myself?
- Do these make me feel good about myself?
- Am I proud of my top 3 values?
- Am I comfortable and proud to state my values to people I respect and admire?
- Do these values represent things I would support, even if my choice isn't popular, and puts me in the minority?

EXERCISE: Personal Values Cards

<p>PERSONAL VALUES</p> <p>Card Sort</p> <p>W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne</p> <p>University of New Mexico, 2001</p>	<p>IMPORTANT TO ME</p>
<p>VERY IMPORTANT TO ME</p>	<p>NOT IMPORTANT TO ME</p>
<p>1</p> <p>9/01</p> <p>ACCEPTANCE to be accepted as I am</p>	<p>2</p> <p>9/01</p> <p>ACCURACY to be accurate in my opinions and beliefs</p>
<p>3</p> <p>9/01</p> <p>ACHIEVEMENT to have important accomplishments</p>	<p>4</p> <p>9/01</p> <p>ADVENTURE to have new and exciting experiences</p>
<p>5</p> <p>9/01</p> <p>ATTRACTIVENESS to be physically attractive</p>	<p>6</p> <p>9/01</p> <p>AUTHORITY to be in charge of and responsible for others</p>

<p>7</p> <p>9/01</p> <p>AUTONOMY to be self-determined and independent</p>	<p>8</p> <p>9/01</p> <p>BEAUTY to appreciate beauty around me</p>
<p>9</p> <p>9/01</p> <p>CARING to take care of others</p>	<p>10</p> <p>9/01</p> <p>CHALLENGE to take on difficult tasks and problems</p>
<p>11</p> <p>9/01</p> <p>CHANGE to have a life full of change and variety</p>	<p>12</p> <p>9/01</p> <p>COMFORT to have a pleasant and comfortable life</p>
<p>13</p> <p>9/01</p> <p>COMMITMENT to make enduring, meaningful commitments</p>	<p>14</p> <p>9/01</p> <p>COMPASSION to feel and act on concern for others</p>
<p>15</p> <p>9/01</p> <p>CONTRIBUTION to make a lasting contribution in the world</p>	<p>16</p> <p>9/01</p> <p>COOPERATION to work collaboratively with others</p>

<p>17</p> <p>9/01</p> <p>COURTESY</p> <p>to be considerate and polite toward others</p>	<p>18</p> <p>9/01</p> <p>CREATIVITY</p> <p>to have new and original ideas</p>
<p>19</p> <p>9/01</p> <p>DEPENDABILITY to be reliable and trustworthy</p>	<p>20</p> <p>9/01</p> <p>DUTY</p> <p>to carry out my duties and obligations</p>
<p>21</p> <p>9/01</p> <p>ECOLOGY</p> <p>to live in harmony with the environment</p>	<p>22</p> <p>9/01</p> <p>EXCITEMENT</p> <p>to have a life full of thrills and stimulation</p>
<p>23</p> <p>9/01</p> <p>FAITHFULNESS</p> <p>to be loyal and true in relationships</p>	<p>24</p> <p>9/01</p> <p>FAME</p> <p>to be known and recognized</p>

<p>25</p> <p>9/01</p> <p>FAMILY to have a happy, loving family</p>	<p>26</p> <p>9/01</p> <p>FITNESS to be physically fit and strong</p>
<p>27</p> <p>9/01</p> <p>FLEXIBILITY to adjust to new circumstances easily</p>	<p>28</p> <p>9/01</p> <p>FORGIVENESS to be forgiving of others</p>
<p>29</p> <p>9/01</p> <p>FRIENDSHIP to have close, supportive friends</p>	<p>30</p> <p>9/01</p> <p>FUN to play and have fun</p>
<p>31</p> <p>9/01</p> <p>GENEROSITY to give what I have to others</p>	<p>32</p> <p>9/01</p> <p>GENUINENESS to act in a manner that is true to who I am</p>

<p>33</p> <p>9/01</p> <p>GOD'S WILL to seek and obey the will of God</p>	<p>34</p> <p>9/01</p> <p>GROWTH to keep changing and growing</p>
<p>35</p> <p>9/01</p> <p>HEALTH to be physically well and healthy</p>	<p>36</p> <p>9/01</p> <p>HELPFULNESS to be helpful to others</p>
<p>37</p> <p>9/01</p> <p>HONESTY to be honest and truthful</p>	<p>38</p> <p>9/01</p> <p>HOPE to maintain a positive and optimistic outlook</p>
<p>39</p> <p>9/01</p> <p>HUMILITY to be modest and unassuming</p>	<p>40</p> <p>9/01</p> <p>HUMOR to see the humorous side of myself and the world</p>

<p>41</p> <p>9/01</p> <p>INDEPENDENCE to be free from dependence on others</p>	<p>42</p> <p>9/01</p> <p>INDUSTRY to work hard and well at my life tasks</p>
<p>43</p> <p>9/01</p> <p>INNER PEACE to experience personal peace</p>	<p>44</p> <p>9/01</p> <p>INTIMACY to share my innermost experiences with others</p>
<p>JUSTICE to promote fair and equal treatment for all</p> <p>45 9/01</p>	<p>46</p> <p>9/01</p> <p>KNOWLEDGE to learn and contribute valuable knowledge</p>
<p>47</p> <p>9/01</p> <p>LEISURE to take time to relax and enjoy</p>	<p>48</p> <p>9/01</p> <p>LOVED to be loved by those close to me</p>

<p>49</p> <p>9/01</p> <p>LOVING</p> <p>to give love to others</p>	<p>50</p> <p>9/01</p> <p>MASTERY</p> <p>to be competent in my everyday activities</p>
<p>51</p> <p>9/01</p> <p>MINDFULNESS</p> <p>to live conscious and mindful of the present moment</p>	<p>52</p> <p>9/01</p> <p>MODERATION</p> <p>to avoid excesses and find a middle ground</p>
<p>53</p> <p>9/01</p> <p>MONOGAMY</p> <p>to have one close, loving relationship</p>	<p>NON-CONFORMITY</p> <p>to question and challenge authority and norms 54</p> <p>9/01</p>
<p>55</p> <p>9/01</p> <p>NURTURANCE</p> <p>to take care of and nurture others</p>	<p>56</p> <p>9/01</p> <p>OPENNESS</p> <p>to be open to new experiences, ideas, and options</p>

<p>57</p> <p>9/01</p> <p>ORDER</p> <p>to have a life that is well-ordered and organized</p>	<p>58</p> <p>PASSION</p> <p>to have deep feelings about ideas, activities, or people</p> <p>9/01</p>
<p>59</p> <p>9/01</p> <p>PLEASURE to feel good</p>	<p>60</p> <p>9/01</p> <p>POPULARITY</p> <p>to be well-liked by many people</p>
<p>61</p> <p>9/01</p> <p>POWER</p> <p>to have control over others</p>	<p>62</p> <p>9/01</p> <p>PURPOSE</p> <p>to have meaning and direction in my life</p>
<p>63</p> <p>9/01</p> <p>RATIONALITY</p> <p>to be guided by reason and logic</p>	<p>64</p> <p>9/01</p> <p>REALISM</p> <p>to see and act realistically and practically</p>

<p>65</p> <p>9/01</p> <p>RESPONSIBILITY</p> <p>to make and carry out responsible decisions</p>	<p>66</p> <p>9/01</p> <p>RISK</p> <p>to take risks and chances</p>
<p>67</p> <p>9/01</p> <p>ROMANCE</p> <p>to have intense, exciting love in my life</p>	<p>69</p> <p>9/01</p> <p>SAFETY</p> <p>to be safe and secure</p>
<p>68</p> <p>9/01</p> <p>SELF-ACCEPTANCE to accept myself as I am</p>	<p>70</p> <p>9/01</p> <p>SELF-CONTROL</p> <p>to be disciplined in my own actions</p>
<p>71</p> <p>9/01</p> <p>SELF-ESTEEM to feel good about myself</p>	<p>72</p> <p>9/01</p> <p>SELF-KNOWLEDGE</p> <p>to have a deep and honest understanding of myself</p>

<p>73</p> <p>9/01</p> <p>SERVICE to be of service to others</p>	<p>74</p> <p>9/01</p> <p>SEXUALITY to have an active and satisfying sex life</p>
<p>75</p> <p>9/01</p> <p>SIMPLICITY to live life simply, with minimal needs</p>	<p>76</p> <p>9/01</p> <p>SOLITUDE to have time and space where I can be apart from others</p>
<p>77</p> <p>9/01</p> <p>SPIRITUALITY to grow and mature spiritually</p>	<p>78</p> <p>9/01</p> <p>STABILITY to have a life that stays fairly consistent</p>
<p>79</p> <p>9/01</p> <p>TOLERANCE to accept and respect those who differ from me</p>	<p>80</p> <p>9/01</p> <p>TRADITION to follow respected patterns of the past</p>

<p>81</p> <p>9/01</p> <p>VIRTUE to live a morally pure and excellent life</p>	<p>82</p> <p>9/01</p> <p>WEALTH to have plenty of money</p>
<p>83</p> <p>9/01</p> <p>WORLD PEACE to work to promote peace in the world</p>	<p>Other Value:</p>
<p>Other Value:</p>	<p>Other Value:</p>

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http://www.motivationalinterviewing.org/sites/default/files/valuescardsort_0.pdf

Strengths

'Strengths' are the best parts of your personality.

<http://au.reachout.com/what-are-strengths>

The strength-based approach

"The strength-based approach is an approach to people that views situations realistically and looks for opportunities to complement and support existing strengths and capacities as opposed to focusing on and staying with the problem or concern. The problem and the person are separate; however, the problem is never minimised."

Bernadette Glass

A strengths-based approach recognises the importance of people's environments and the multiple contexts that influence their lives. This perspective recognises the resilience of individuals and focuses on the potentials, strengths, interests, abilities, knowledge and capacities of individuals, rather than their limits. It is in this way that a strengths-based approach is seen to differ from traditional deficit models (which can lead to a long list of things that are considered to be 'wrong' with the individual or what that person cannot do, and insufficient information about strengths and strategies to support them).

Strengths-Based Goal Setting

"First know, then make the most of, what you do best!"

Jim Asplund and Nikki Blacksmith

<http://www.gallup.com/businessjournal/152981/Strengths-Based-Goal-Setting.aspx>

People who are able to use their unique talents and gifts are more satisfied, productive, and engaged. They're also better able to meet expectations.

Workers can foster success in the people they support by highlighting the unique talents and interests each individual exhibits.

EXERCISE: Identifying your strengths

What are your top strengths?

Have a look at the list of the character strengths below. Work out which ones might be your top strengths by thinking about which ones are 'more like you' or 'less like you'.

To help you figure it out:

- Think of times when you used those qualities. Did you feel like you were being true to yourself? Were you excited? Motivated? Proud? At ease?
- Or think about what a close friend or work colleague would say about you. What strengths would they pick if they had to describe you?

Remember:

- No strength is better or worse than any other.
- Character strengths are dimensional - it's not all or nothing! Everyone has different levels of each of the strengths. So even the strength ranked last in your list might still at times play a part in your life.
- Your strengths are a part of your personality, but how much you use each one can change depending on what's going on in your life.

Why is this useful?

Figuring out what your strengths are and finding ways to use them more in your everyday life is a key way to increase your happiness, wellbeing and success.

Unfortunately, most of us tend to focus more on our weakness than on our strengths. Instead of trying to use our strengths more, sometimes the focus is on what we aren't doing well and trying to fix our 'problems'. It can be good to try to improve yourself, but if you only focus on what you don't do well it can get you down and only gives half the picture of your abilities (and who you are)!

If you know your strengths, and put more emphasis on what you are good at you'll be more motivated, capable, and up for life challenges. You're also more likely to experience 'flow' - that feeling of being at your best, being on a roll - because activities that give you flow are usually those in which you are using some of your top strengths.

The combination of all these things mean that using your strengths boosts your wellbeing, happiness and success.

How do you build it?

The first step is to identify your top strengths.

Instructions:

Read through the list of strengths (below), and their descriptions. Identify which strengths seem to best fit you. The results may surprise you. Sometimes we don't realise what our own 'strengths' are. This is because when something comes naturally, it may not seem like a special strength or something out of the ordinary. But they are! Strengths are things that you have, that not everyone else is capable of.

Identify your top *three* strengths

Here are a few you might like to consider and add to:

Assertive - Honestly express your feelings, opinions, thoughts, needs and rights.

Brave - Never think twice about speaking up for yourself or confronting unpleasant situations.

Capable - No more self-doubt because you feel competent in everything you do.

Courageous - Never waiver because you believe in your ability to stick to your values; no matter what anybody thinks.

Deserving - Ask for what you want without feeling anxious or guilty. You deserve your space and can set boundaries to protect it.

Fearless - Fear and anxiety no longer stops you from expressing your thoughts because you're not worried by the opinions of others.

Accepting - Accept yourself unconditionally. Accept, believe and respect yourself no matter what.

Resilient - Easily deal with inevitable ups and downs of daily life. Know that you will always bounce back.

Healthy - Have an inexhaustible flow of energy and enthusiasm as you develop a realistic sense of yourself.

Ambitious - Achieve all your ambitions and goals. Never let fear or doubt get in your way. You are on your way to the top!

Energetic - Your energy and enthusiasm are infectious and others respond. New exciting opportunities are coming your way.

Creative - Think of novel and productive ways to conceptualise and do things.

Curious - Take an interest in ongoing experience for its own sake; exploring and discovering.

Open Minded - Think things through and examining them from all sides; weighing all evidence fairly.

Love of learning - Are great at mastering new skills, topics, and bodies of knowledge, whether on your own or formally.

Wise - Can provide wise counsel to others; having ways of looking at the world that make sense to yourself and to other people.

Persistent – You finish what you start in spite of obstacles.

Integrity/Honest - Present yourself in a genuine way; taking responsibility for your feelings and actions.

Kindness - Doing favours and good deeds for others.

Social intelligence - Being aware of the motives and feelings of other people and oneself.

Citizenship - Working well as a member of a group or team; being loyal to the group.

Fairness - Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others.

Leadership - Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group.

Gratitude - Being aware of and thankful of the good things that happen; taking time to express thanks.

Optimism - thinking the best in the future and working to achieve it.

Humour - Liking to laugh and tease; bringing smiles to other people; seeing the light side.

Spirituality - Having coherent beliefs about the higher purpose, the meaning of life, and the meaning of the universe.

My top 3 strengths

1. _____

2. _____

3. _____

Establishing current reality

The 'R' part of the GROW model is your REALITY. This involves establishing a base-point, and specifically your client's 'reality' or current situation.

We have developed a worksheet (below) which allows the user to do this, distinguish between their needs and their wants, and get clarity around which parts of their current reality are working well for them, and which need to be changed and/or improved.

A clipping of the first page of this worksheet is below, and the full worksheet can be found at the back of your Participant Notes Booklet.

Daily Schedule

Time	Activity	Needs (essential) / Wants (optional)		How's this routine currently working for you? Scale: 1 = not working well 5 = working well					What changes to this part of the routine would improve things? (Note that you may be happy with how things are currently working)	
		N	W	1	2	3	4	5		
Morning										
6.00am										
7.00am										
8.00am										
9.00am										
10.00am										
11.00am										

Eastern Respite & Recreation "Goal Setting & Life Enhancement Workshop Series" Betty Stampoulis-Lyttle & Davina Park

Instructions: Filling in the Daily Schedule worksheet

- Complete the first 3 columns by thinking about the usual activities undertaken, the times they are normally done, and clarifying whether this is a need or a want. E.g. Carer arrives at 7am to do the personal care routine. This is a need.
- Cluster the time zones if you prefer (depending on the individual's needs it might be easier to break the day into morning, lunch, afternoon, evening time blocks).
- The sheet is broken into 4 parts of the day, but you can adjust as needed.
- Look at an average weekday, initially, as weekdays are generally more routine, and often busier than weekends.
- Expand and complete more days, and the weekends later.

NEEDS versus WANTS

When completing the needs versus wants column, consider the following guide.

The 'needs' are non-negotiable. They have to happen in order for the individual to function.

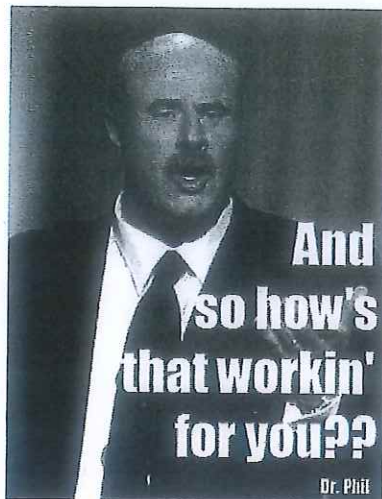
NEED = absolute, can't do without, essential

WANT = the ideal, the best life possible

Wants are more flexible, and are additional to the needs. These are the things that are often the difference between just getting through the day, and having an enjoyable day.

Many people with disability will discover that their day is almost exclusively about the 'needs'.

What's working and what's not?



What next?

Now it is time to ask (as Dr. Phil does!), "How's that working for you?"

Once you have supported the individual (person with disability and/or their family/carer) to complete the first 3 columns of the worksheet, you need to now ask them to take a critical look at how well this 'current reality' is working for them.

Example questions to ask, and get you thinking:

- Does getting up at 6.30am (or whatever time) every day work for you?
- If no, what time would work better?
- Is your routine the same every day? Does this get boring? Or is it just what you like?
- What would be different if you could change your routine?
- How does your current routine work with your family/support circle?
- Would additional help, or a change of routine make *everyone's* day run more smoothly?

Once the 'base needs' are established – the 'needs' – it is time to explore what could possibly make the day better!

This is a chance to brainstorm with your client and think outside the square. Be mindful to include that person's support circle in the discussion, if appropriate. Including the key people involved in the day-to-day caring of the person with disability is important, as thinking about changes made to the daily schedule might improve not only the life of the person with the disability, but also their immediate support circle.

Changes might sometimes be as small as changing the arrival time of a carer, or moving a physical therapy session to the local gym, rather than the therapist's room. Or perhaps taking a taxi to day program rather than parent driving their son/daughter daily, will allow parent to work, and provide the young person with disability a greater feeling of independence and a better life.

Get thinking!!

What is a better life?

The ultimate goal of the NDIS is to allow people with disability to live their best life.

Remember that a better life is one that:

- Promotes & enhances independence
- Empowers the individual
- Allows individuals to maintain dignity
- Provides meaningfulness
- Provides an avenue for fun

Reflection exercise

What is your idea of a 'better life'?

Dare to dream

"Everyone's needs, preferences, goals and aspirations are different. The NDIS "provide[s] to eligible people a flexible, whole-of-life approach to the support needed to pursue their goals and aspirations and participate in daily life".

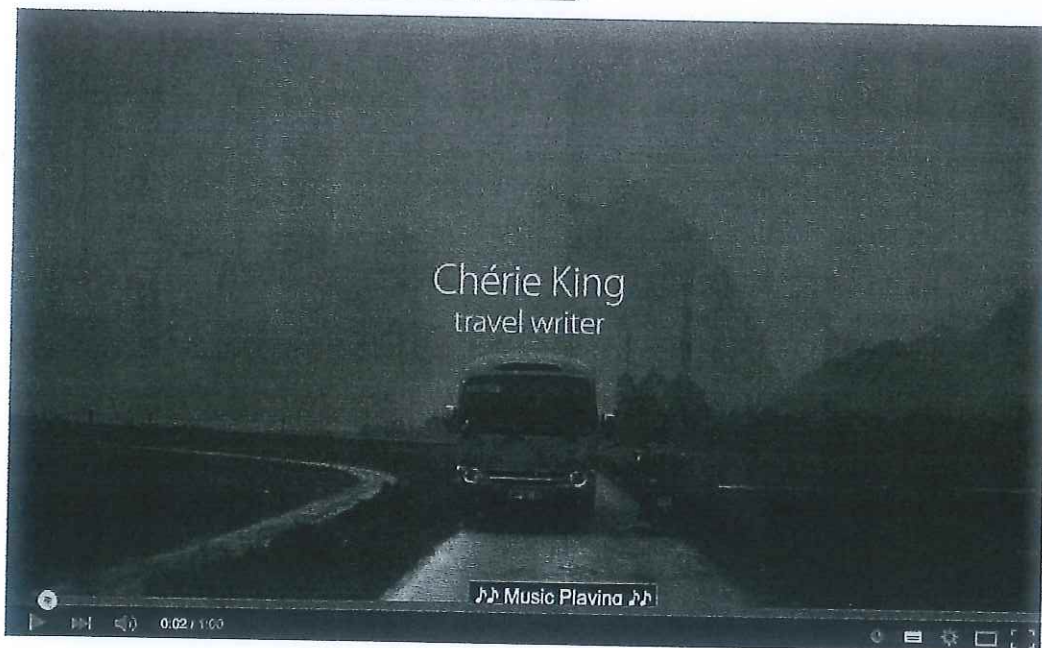
<http://www.ndis.gov.au/what-is-the-ndis>

Not only will the NDIS Planner ask individuals about their support needs, but also what their goals and aspirations in life are. This is hard for many of us to think about, let alone someone who has never before been asked such a question before.

So now it is time for us to 'dare to dream'!

Below are a couple of examples of dreams/goals that were realised. These examples might get you and your clients thinking.

iPad Aid Ad (<http://youtu.be/FbXYqHke9n8>)



Layourne's Balloon Ride (<https://youtu.be/Gvc7SFtrcaY>)



A **vision board** is a tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life. *(Note that in our ultra digital age, you can also create vision boards to display on your computer screen and mobile devices.)*

<http://makeavisionboard.com/what-is-a-vision-board/>

Why create a vision board?

Using a vision or dream board can help you to:

- Slow down to identify and clarify your vision
- Help you to express the things you enjoy, if words don't come easily
- Visually reinforce your verbal ideas – often we don't realise we want something until we see it!
- Envision your life aspirations – if you give a dream a word or a picture you make it possible
- Stimulate your creativity and perhaps result in some surprising insights
- Add clarity to your desires and feeling to your vision
- Keep focus on the dream, keep the dream a priority

What kind of vision board will work for your client?

- Collage of images, words, colours – cut and paste
- Words only / a statement / a letter of commitment to self
- Pinterest or desktop publishing software
- www.oprah.com/spirit/o-dream-board-envision-your-best-life
- <http://www.dreamtimeline.com>
- iPad/smart phone Apps
- <http://happytapper.com/vision-board>
- Vision Board Collage (iTunes store)
- YouTube channel

Vision Board Exercise: What is my perfect day?

Creating a vision board

Materials required: Magazines and newspapers, scissors, glue, coloured textas, large piece of paper to stick onto (A3 or cardboard).

Ask clients to think about their perfect day and cut out pictures that represent that day.

- Cut and paste from magazines
- Don't think too much about the images chosen
- Use the subconscious part of your brain

If you're supporting someone create their vision board, suggest that they look for words, pictures, colours, emotions, shapes that reflect things that they like, activities they enjoy, things that provide stimulation...

A vision board without vision



Creating a mix-tape is a unique way of creating a vision, without vision.

A mix-tape is a compilation of music recorded onto any audio format. This can range from a casually selected list of favorite songs, to a conceptual mix of songs linked by a theme or mood, or a highly personal statement tailored to the tape's intended recipient.

The rules for this goal exploration exercise are similar to vision-boarding:

1. Don't think too much about the music chosen, and
2. Use the subconscious part of your brain when choosing music.

Dreams to Goals

Dreams to Goals Worksheet

Look at your vision board and answer the following questions honestly:

How do you feel when you look at the board? What are the 3 key emotions? *(You might like to refer to the emotions words sheets to help with this)*

What jumps out at you? *(Does anything surprise you on your board? Is it what you expected? Or not?)*

Are there any themes coming through? Any patterns? *(It might be images, colours, words, feelings...)*

How would it feel/what would it be like to experience the things on your board? (You might like to refer to the emotions words sheets to help with this. Build a sentence around a couple of emotions.)

What impact would it have on you? What impact on those around you? How would life be different? (Try to identify 3-5 things)

How much would you like to make this dream a reality? On a scale of 1 to 10? (Don't think about the process here, focus instead on the end result)

If money were no object, what would your ideal day look like? (You might like to write a paragraph of two here – ask for extra paper if you need it. Incorporate place, actions, emotions, people...)

What is ONE thing that you could do/change that you could make that would get you moving towards your dream? *(This could be a big action – like getting a pet, or a relatively small action, like doing some online research around options)*

What difference would that ONE think have on the person with a disability and the people who support him/her?

What are the key emotions around this? How would you feel if this change were to take place? *(You might like to refer to the emotions words sheets to help with this)*

How committed are you to make this change? Scale 1 to 10.

Dreams to Goals Worksheet (version B)

(For individuals who need additional support)

Look at your vision board:

1. How do you feel when you look at the board?

Use the Picture emotions sheets and choose 3.

1.

2.

3.

2. Do you notice a theme or pattern (e.g. images, colours, words, feelings) coming through?

3. Was this a surprise for you? Did you know that you liked this before you started your board?

4. What do you think it feels like to experience this?

Use the Picture emotions sheets and choose 3.

1.

2.

3.

5. How do you think your (and your family's) life would be different? (Tick relevant boxes)

- ☐ I would be more independent
- ☐ I would have more fun
- ☐ I would have more control over my life
- ☐ I would have choice
- ☐ I would feel challenged
- ☐ I would feel like a man/woman
- ☐ I'd be able to help out my family more
- ☐ I'd feel like I'm accomplishing something
- ☐ I'd feel worthwhile
- ☐ I'd feel that I'm contributing
- ☐ My family would have more time to do their own things
- ☐ My family might be able to go away on a holiday sometimes
- ☐ My family wouldn't have to be with me all the time
- ☐ I would feel _____

6. How important is this dream to you? On a scale of 1 to 10? (1 = not very much, 10 = really want it to come true)

7. If you could change 3 things about your current standard day, what would these be? What does your ideal day look like? (You might like to include place, actions, emotions, people...)

1.

2.

3.

8. What is ONE thing (big or small) that you could do/change that you could bring you a little closer to your dream? (e.g. Getting a pet, do some online research around options, etc.)

9. How would you feel if this ONE thing were to take place? (You might like to refer to the emotions words sheets to help with this)

10. How committed are you to make this change? Scale 1 to 10.

WORKSHEET: Feelings and Emotions

Pleasant Feelings

OPEN

understanding
confident
reliable
easy
amazed
free
sympathetic
interested
satisfied
receptive
accepting
kind

HAPPY

great
gay
joyous
lucky
fortunate
delighted
overjoyed
gleeful
thankful
important
festive
ecstatic
satisfied
glad
cheerful
sunny
merry
elated
jubilant

ALIVE

playful
courageous
energetic
liberated
optimistic
provocative
impulsive
free
frisky
animated
spirited
thrilled
wonderful

GOOD

calm
peaceful
at ease
comfortable
pleased
encouraged
clever
surprised
content
quiet
certain
relaxed
serene
free and easy
bright
blessed
reassured

LOVE

loving
considerate
affectionate
sensitive
tender
devoted
attracted
passionate
admiration
warm
touched
sympathy
close
loved
comforted
drawn toward

INTERESTED

concerned
affected
fascinated
intrigued
absorbed
inquisitive
nosy
snoopy
engrossed
curious

POSITIVE

eager
keen
earnest
intent
anxious
inspired
determined
excited
enthusiastic
bold
brave
daring
challenged
optimistic
hopeful
confident

STRONG

impulsive
free
sure
certain
rebellious
unique
dynamic
tenacious
hardy
secure

Difficult/Unpleasant Feelings

ANGRY

irritated
enraged
hostile
insulting
sore
annoyed
upset
hateful
unpleasant
offensive
bitter
aggressive
resentful
inflamed
provoked
incensed
infuriated
cross
worked up
boiling
fuming
indignant

DEPRESSED

lousy
disappointed
discouraged
ashamed
powerless
diminished
guilty
dissatisfied
miserable
detestable
repugnant
despicable
disgusting
abominable
terrible
in despair
sulky
bad
a sense of loss

CONFUSED

upset
doubtful
uncertain
indecisive
perplexed
embarrassed
hesitant
shy
stupefied
disillusioned
unbelieving
skeptical
distrustful
misgiving
lost
unsure
uneasy
pessimistic
tense

HELPLESS

incapable
alone
paralyzed
fatigued
useless
inferior
vulnerable
empty
forced
hesitant
despair
frustrated
distressed
woeful
pathetic
tragic
in a stew
dominated

INDIFFERENT

insensitive
dull
nonchalant
neutral
reserved
weary
bored
preoccupied
cold
disinterested
lifeless

AFRAID

fearful
terrified
suspicious
anxious
alarmed
panic
nervous
scared
worried
frightened
timid
shaky
restless
doubtful

HURT

crushed
tormented
deprived
pained
tortured
dejected
rejected
injured
offended
afflicted
aching
victimized
heartbroken
wronged

SAD

tearful
sorrowful
pained
grief
anguish
desolate
desperate
pessimistic
unhappy
lonely
grieved
mournful
dismayed

Turning aspirations and dreams into goals

Link the dream with our aims of:

When assisting someone to prepare for their NDIS Planning meeting, it's important to have them check in on their dream and make sure that it supports the overarching aims of:

- Independence
- Empowerment
- Inclusion
- Meaningfulness
- Dignity
- Fun and Enjoyment

Goals

How is a 'dream' different to a 'goal'? A dream is often an idea of something we want or aspire to. It is often non-specific, based around the feeling you get when thinking about it. It's a general vision of the future. For example, the dreams of *'I'd like to be more independent'* or *'I'd like to travel more'* are fabulous places to start, but don't have any specifics around them. How would you like to be more independent? Do you want to live away from your family? Or perhaps catch the bus on your own? When would you like to travel? Where would you like to go, and for how long?

Goals come from dreams (or visions), but are specific. They state exactly what it is you want, and when you want to achieve it. Dreams are big picture and often hard to achieve, and goals are more contained, and more easily actioned. When we know exactly what we want, we can work out the steps we need to take to get there.

- When we write a goal down we start to make the goal real
- Written goals clarify the key outcome we want to achieve
- Once the outcome we want is clear, we can start to work on the steps we need to get there

SMART Goals

- Specific
- Measurable
- Attainable
- Relevant
- Time-bound

Remember that the best goals:

- Inspire and motivate you (have an emotion attached)
- Are clear and can be stated in one sentence
- Are measurable – you know when they are achieved
- Will make a difference to your life
- Are achievable
- Can be celebrated



Examples:

- By December, I will be proudly riding the bus into work on my own, and excited about the Christmas party.
- In July, I will be meeting my gym friends for coffee after a fun work out.
- At Christmas, I will be feeling great while I ride the Ghan across the desert with mum.

Linking goals into individual plans

Now that you have an inspiring goal that's going to make a difference to your life, we can begin looking at:

1. How can you implement it?
2. When can you implement it?
3. How can it be incorporated into the NDIS Planning documents?

Remember, the planning meeting:

- Is a conversation with the NDIS Planner about one's needs
- Focuses on supports needed to pursue goals, and
- Focuses on using STRENGTHS as a way to achieve dreams and aspirations.

The first step to articulating and incorporating the goal into our lives (and the NDIS planning process) is to break it down into easily achievable steps. The process for this is to identify the strategies (or sub goals), and actions required.

Strategies/Sub-goals & Actions

Once we have we set our goals & defined our objectives, we can begin action!

There are a couple of steps in this process:

1. Identify the key milestones, or markers that will move us towards our goals.
These are called **Strategies or Sub-goals**.
2. When the key strategies or sub-goals are determined, the next step is to identify the **Actions** that will sit underneath them.

Some people like to think of these actions like a '**to do list**'.

Action stations

Go to the **GOALS** worksheet (next page).

Write **YOUR** goal at the top of the page, then write down the key strategies required to achieve your goal.

Remember you may only need 2-3 strategies (or sub-goals), or you may need as many as 7 - depends on the type and scope of the goal.

Add actions for no more than the first **TWO** strategies.

Be specific with **WHEN** you will do them, and what support you will require to do them.

WORKSHEET: Goals, Strategies, Actions

Goals

Notes for setting Goals

- a. The goal must inspire you.
- b. The goal must make a difference to your life
- c. You must be able to state the goal in one sentence
- d. The goal needs to be measurable in some way, with the measure as a part of the goal

Goal:

Strategies

Notes for setting strategies

- a. 4-7 big steps or milestone achievements (or sub-goals).
- b. No actions.
- c. Consider a vision to start and a celebration to end.

1.

2.

3.

4.

5.

6.

7.

Actions

Notes for setting actions

- Focus on setting actions for each strategy in turn. For example, don't start on strategy 3 until strategy 2 is complete.
- Assign a day/time to complete each task.
- Use a 'to do list' or task list for this and tick them off when complete.

Actions for strategy 1

When (day/time)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Actions for strategy 2

When (day/time)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Actions for strategy 3

When (day/time)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Actions for strategy 4

When (day/time)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Actions for strategy 5

When (day/time)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Actions for strategy 6

When (day/time)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Actions for strategy 7

When (day/time)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

The NDIS Price Guide

The NDIS Price Guide is a summary of the NDIS prices and associated arrangements, and is designed to assist disability support providers to understand the way pricing and payments work in the NDIS.

In the NDIS payment system, supports for participants fall into three Support Purpose categories – core, capital and capacity building.

- Core support enables a participant to complete activities of daily living and enables them to work towards their goals and meet their objectives.
- Capital is an investment, such as assistive technologies, equipment and home modifications, funding for capital costs (e.g. to pay for Specialist Disability Accommodation).
- Capacity Building support enables a participant to build their independence and skills.

Further, there are eight Domain Outcomes (in the NDIS Framework), which help participants think about goals in different life areas and assist planner to identify where support in these areas already exist and where further supports are required. These eight areas are:

1. Daily Living
2. Home
3. Health and Well-being
4. Lifelong Learning
5. Work
6. Social and Community Participation
7. Relationships
8. Choice and Control

And finally, the Price Guide is arranged into 15 categories that align to the purpose of the funded supports (Core, Capital or Capacity Building), and the eight Domain outcomes (above). This is clearer in the table below:

Outcomes framework and support category

Support purpose	Outcomes framework domain	Support Category
Core	Daily Living	Assistance with daily life at home, in the community, education and at work Supported Independent Living Transport to access daily activities
Capacity Building	Daily Living Home Health and wellbeing Lifelong learning Work Social, community participation Relationships Choice and control	Improved daily living skills Improved living arrangements Improved health and wellbeing Improved learning Get and keep a job Increased social and community activities Improved relationships Improved life choices
Capital	Daily Living Home	Assistive technology Vehicle modifications Home modifications

The NDIS Price Guide is not a comprehensive list of all available supports, nor does it prescribe the only supports funded by the NDIS. It is, however, we believe, a good starting point, and a useful resource to use when trying to figure out what is, or may be, possible with the NDIS and goal setting.

It is important for us to learn and become familiar with the language that the NDIS uses, and in turn, use this language to structure your goals and planning.

Articulating your support needs and goals to the NDIS Planner (or Local Area Coordinator), and using the specific language and categories seen in the NDIS Price Guide, gives you a greater chance of being understood, and hopefully approved, for an NDIS package that meets your needs and wants!

Integrating Goals and the Daily Schedule

Once you have determined your goals, actions, and strategies, and a plan is in place, it is time to incorporate this into your daily schedule. This is an important step, as not only is this great preparation for the meeting with the NDIS Planner, but also a good way for you to see how you can start to work on some of these goals now!

It is important to add in as much detail as possible at this point, and vital that you try and not forget anything. The more prepared you are prior (and that includes thinking about the daily details), the better the outcome when it is time to meet with the NDIS planner.

“There was a few things I forgot to ask for, but I got pretty much everything that I requested.”

Katrina Rose, NDIS Participant

Be accountable and get support!

One of the keys to achieving goals is accountability. Goals are more likely to be realised when you have support and can stay on track. Here are some ideas to keep you moving forward with your goals.

- Share your goal and keep it front of mind.
- Put it somewhere obvious – on the fridge, taped to your computer monitor, inside the pantry door, behind the door of the loo, taped to the bathroom mirror...
- Schedule a regular weekly meeting (Sunday dinner perhaps) with all involved to touch base on how things are progressing and brainstorm overcoming any roadblocks.
- Agree to complete actions before this meeting and then commit to that agreement!
- If a family meeting is not appropriate for this purpose, perhaps ask a colleague, teacher, or friend to assist with keeping you accountable and on track.
- A weekly/fortnightly phone call, email or coffee with someone happy to support you, will ensure you don't get slack and loose momentum.
- If you find yourself wavering on your commitment, spend a few minutes looking at your vision board, reading your goal out loud or going back through your sheets which identified the emotions around the goal.
- Also, keep in mind that sometimes the dream changes and that it's ok to reassess not only the goal, but the steps to get there, if needed.

Wrap up

- Identified our current reality and looked at options for improving it.
- Have created a vision board and started to DREAM.
- Have set a SMART goal and written it down.
- Have identified the first actions required to make their goal a reality.
- Now we just have to DO THE WORK! Just writing the goal down isn't enough...
- To help stay on track we need to find someone who can support us and help us stay accountable.

Other resources

GROW Model Coaching Questions

Questions for the Goals stage

- What could you change / add that would make the biggest difference to your life?
- What makes you happiest right now? What parts of your life do you love? (make a list)
- What don't you like? (make a list)
- What do you want more of in your life? (make a list)
- What would your perfect day / week / year look like?
- Imagine you're an old, old lady/man sitting looking back at your life. What would you like to have achieved? What are you proudest of? What do you regret?
- What are the goals you want to achieve? Why are you hoping to achieve this goal?
- What are the things that you love most about your life?
- What would you try now if you knew you couldn't fail?
- If you could do any job in the world, what would it be?
- What are 2-3 goals that would make a BIG difference in your life?
- How will you know when you have achieved these goals? What will it look like?

Questions for the Reality stage

- Why haven't you reached that goal already?
- What do you think is stopping you?
- What do you think was really happening?
- What effect did ... have on you?
- What do you think ...'s perception of the situation was/is?
- Do you know other people who have achieved that goal? What did you learn from them?
- What have you already tried?
- How could you turn this around this time?
- What could you do better this time?
- If you asked ... what would they say about you?
- On a scale of 1-10 how severe/serious/urgent is the situation?
- If someone said/did that to you, what would you think/feel/do?

Typical questions for the Options stage

- What else could you do? What else? Anything else? What next?
- What could be your first step?
- Who else might be able to help?
- What would happen if you did nothing?
- What has worked for you already? How could you do more of that?
- What do you think I would suggest? What would happen if you did that?
- What is the hardest/most challenging part of that for you?
- What advice would you give to a friend about that?
- What would you gain/lose by doing/saying that?
- If someone did/said that to you what do you think would happen?
- What's the best / worst thing about that option?
- Which option do you feel ready to act on? How do you feel about this option on a scale of 1-10?

Typical questions for the Wrap-Up (Will) stage

- On a scale of 1-10, how committed are you to this goal?
- What specific step would you take next? How will that meet your goal?
- How and when will you do that?
- What support do you need to get that done?
- What do you need from me/others to help you achieve this?
- How will you know when you have done it?
- Who will you involve ... in this?
- What would have happened to know you have achieved the goal?
- Who do you need to talk to first? Who needs to know?
- What are 3 actions you can take that would make sense this week?
- On a scale of 1-10, how excited do you feel about taking these actions? What would increase that score? (e.g handle fear, clearer steps, more support, etc..)
- What will happen (what is the cost) if you NOT doing this?

Other questions that might help with clarity

Questions to Assist in Gaining New Perspectives

- What can you learn from this?
- In what way is the current situation absolutely perfect?
- How could you turn this around immediately, and enjoy the process?
- What in this situation can you find to be grateful for?
- What are you doing well? What can you do better?
- What's one way you could have more fun in your life?
- If you were your own coach, what coaching would you give yourself right now?
- What is the value of your current attitude?
- What's your favourite way of sabotaging yourself, and your goals?
- What should I say to you if I spot you doing this?

General Diagnostic Questions

- What are three of your greatest strengths?
- What are you most excited about now? What are you looking forward to?
- What's one way to get more energy into your life?
- If your relationship was IDEAL, what's one thing that would be different?
- What would be your ideal career – if you could do anything?
- What's one thing that you could do to give yourself more peace financially?
- What is your life really about? What is your purpose?
- If you had to guess your life purpose (from looking at your life to date), what would it be?
- What would you like most to be acknowledged for so far in your life?
- Who in your life should be acknowledged more? Would you like to acknowledge them for something today?

Vision Board Questions

- Tell us about your vision or dream.
- How do you feel when you look at the board? What are the 3 key emotions?
- What jumps out at you?
- Are there any themes/patterns coming through?
- How would it feel/what would it be like to experience the things on your board?
- What impact would it have on you?
- What impact would it have on those around you?
- How would life be different?
- How much would you like to make this dream a reality? On a scale of 1 to 10?
- If money were no object, what would your day look like?
- What's ONE thing that you could do/change that would get you moving towards your dream?
- What difference would that ONE thing have on you and your support network?
- What's the key emotion around this?
- How would you feel if this change were to take place?
- How committed are you to make this change? Scale 1 to 10

Brainstorming Action Options Questions

- What could you do as the very first step towards meeting your goal?
- What could you *stop* doing? *Do less* of? *Do more* of? *Continue* doing? *Start* doing? (Make a list)
- Have you ever done this or something similar before? Then, what did you do last time?
- Do you personally know anyone who already has your goal? What could you learn from them?
- If you had a choice, what could you do?
- What hasn't worked yet?
- Let's imagine it's a year from now and you've accomplished your goal. What steps have you taken to achieve it?
- What are all the different things you could do to make your goal happen?
- Suppose, just for a moment, you live in a world where fear and anxiety do not exist. What could you do now?
- Suppose you had all the information you needed, what would be the next step/s?
- Let's imagine you're really excited about this. What would you do?
- If you were at your best, what would you do right now?
- If you (secretly) knew what you had to do, what would it be?
- What if you were an expert in the area of your goal? What would you advise yourself to do?
- What would you do if you knew you couldn't fail?
- What could you do if you didn't care what other people thought?
- Imagine you had all the time you needed what would you do?
- Imagine you're fully confident in your abilities, what could you do?
- Imagine you're fully confident that others will support you. Now what could you do?
- Imagine having a chat with the wisest person you can think of (whether you know them or not). What would they tell you to do?
- What if money were not an issue?
- If there was no 'history' or 'politics' to this what could you do?
- If you were rich beyond your wildest dreams how would you approach things differently?
- What would you do if you didn't have to live with the consequences?
- What would you advise your best friend to do if they were in your situation? What would your best friend advise you to do?
- What would you advise your son/daughter/child to do in this situation?
- What is an impossible option?

WORKSHEET: Daily Schedule

Daily Schedule Worksheet

DAVINA PARK
GOAL SETTING & LIFE ENHANCEMENT
COACHING

Time	Activity	Needs (essential) / Wants (optional)		How's this routine currently working for you? Scale: 1 = not working 5 = working well					What changes to this part of the routine would improve things? (Note that you may be happy with how things are currently working)
		N	W	1	2	3	4	5	
Morning									
6.00am									
7.00am									
8.00am									
9.00am									
10.00am									
11.00am									
Midday									
12.00noon									
1.00pm									
2.00pm									

"Goal Setting & Life Enhancement Workshop Series" Betty Stampoulis-Lyttle & Davina Park www.davinapark.com.au

Daily Schedule Worksheet

DAVINA PARK
GOAL SETTING & LIFE ENHANCEMENT
COACHING

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Morning									
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9.00am									
10.00am									
11.00am									
Midday									
12.00noon									
1.00pm									
2.00pm									

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