# Portfolio for Planning: LifeCourse One-Page Description

**Name:** _____ **Date:** _____

## What do people like and admire about me?

## What is important to me?

## What are the best ways to support me?



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# Portfolio for Planning: Life Trajectory

## Past Experiences

List past life experiences and events that have supported your vision for a good life

List past life experiences that pushed your trajectory toward things you don't want

## Moving Forward

List current or future life experiences or goals that will continue to support your good life vision

List things to avoid that could keep you from your good life vision or lead to what you don't want

## Vision for What I Want

List what you want your "**Good Life**" to look like:

## What I Don't Want

List the things you don't want or what is NOT a "Good Life"



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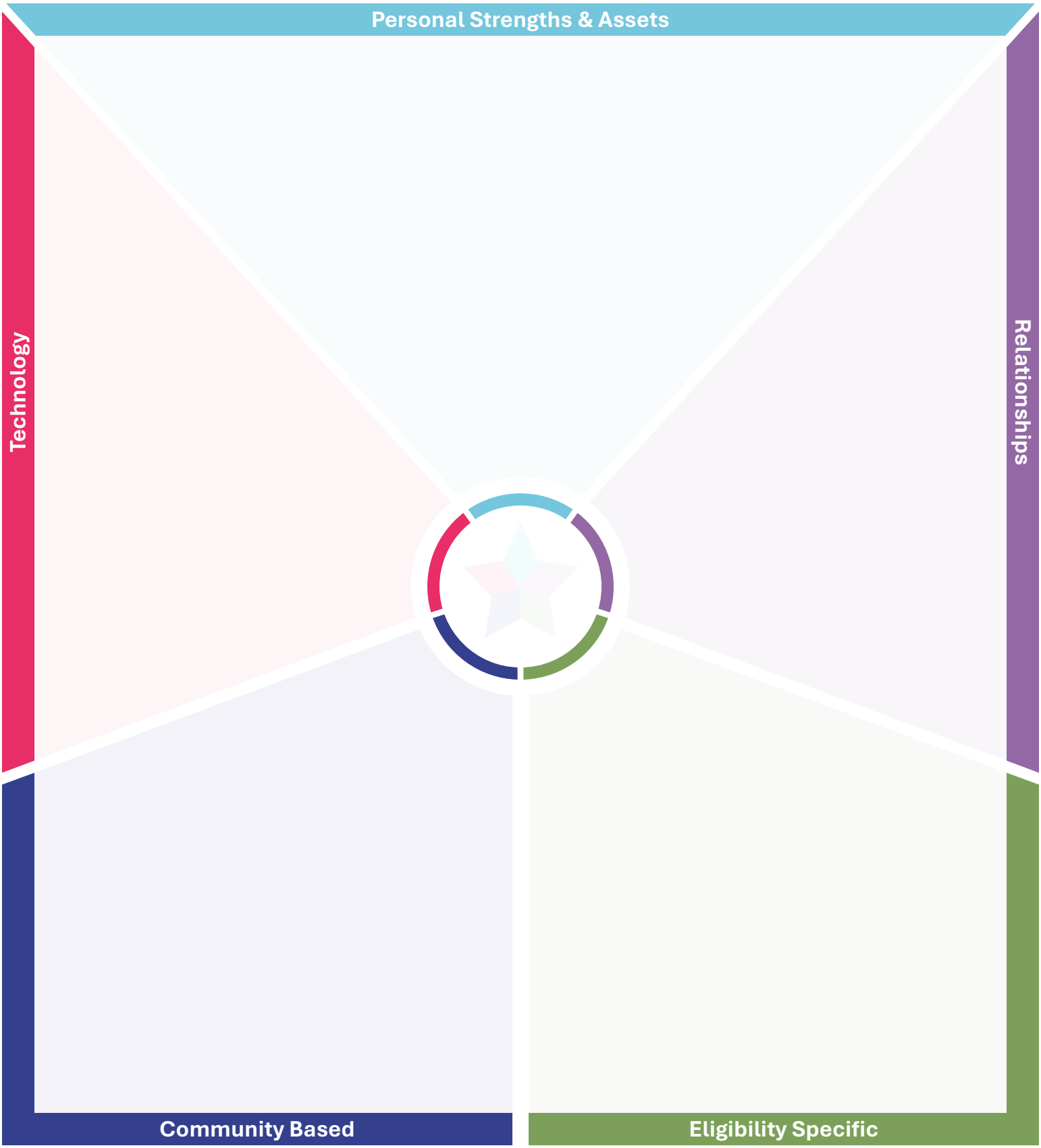
# Portfolio for Planning: Integrated Supports Star

**My Name is:**




Charting the LifeCourse Framework and Tools

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