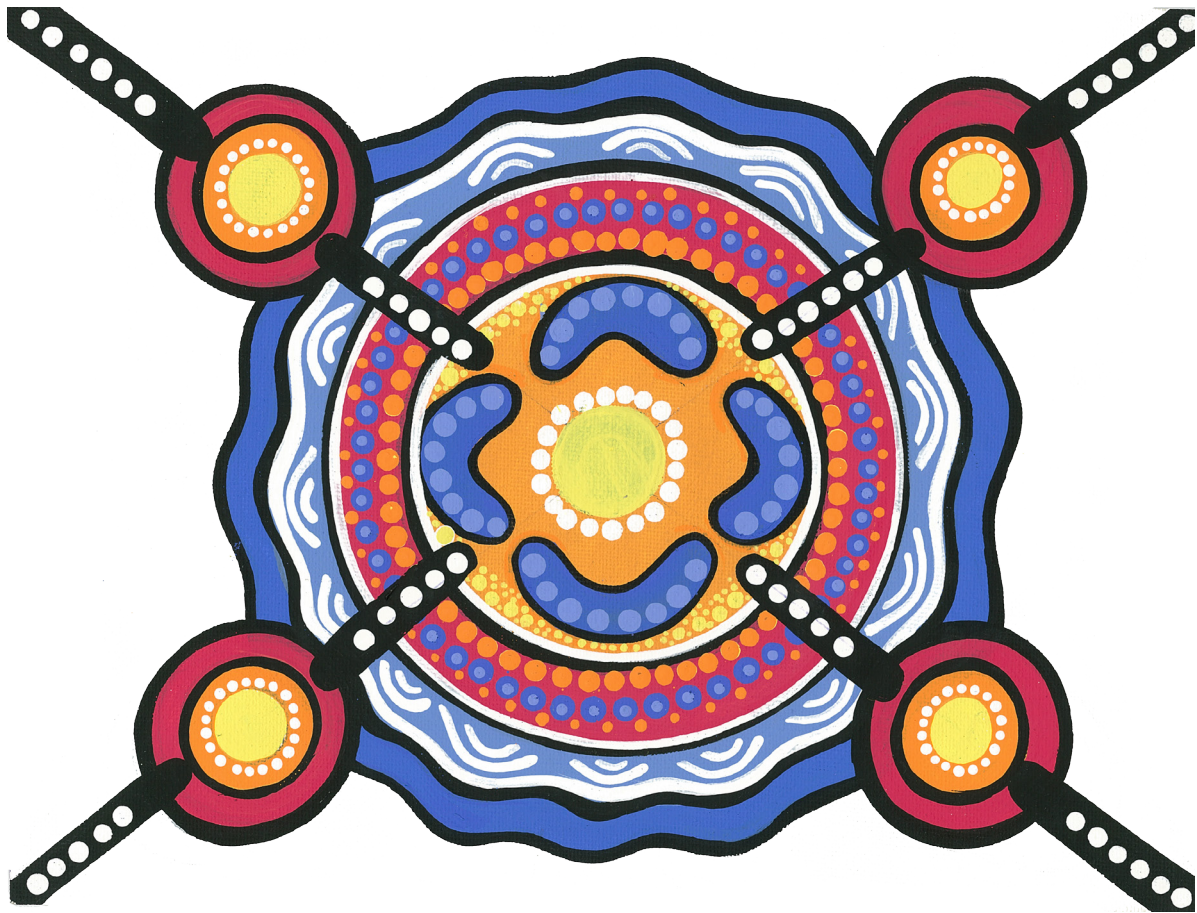


my **choice** matters
NSW Consumer Development Fund

Living Life
My Way

Get More **Skills**



Thinking about a Good Life

Something to do, someone to love
and something to look forward to:

Workbook 2

My Choice Matters, the NSW Consumer Development Fund,
is an initiative of the New South Wales Government

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Council for
Intellectual Disability



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Who is this workbook for?

This workbook is for people with disability and their families.

You can use this workbook:

- by yourself
- with a friend, family member or support worker
- with a group of people

How do I use this workbook?

- You can ring My Choice Matters on 1800 144 653 and we will send you a copy.
- You can download and print it.
- You can download the workbook and work through it on your screen or with your screen reader.

How many workbooks are there?

There are 3 workbooks in the **Get More Skills – Thinking about a good life** series.

1. **My needs and dreams**
2. **Something to do, someone to love and something to look forward to**
(this workbook)
3. **Can funding get me a good life?**

We suggest you do number 1 first, then 2 and then 3.

Introduction

This workbook is for people with disability and their families.

The workbook is to help you think about what you like and do not like about your life now. It is also to help you think about what you want to add to your life to make it a good life for you.



This workbook talks about:

- things you want to do
- the people you know who you care about
- the people you know who care about you
- your dreams and goals

There are 3 parts to this workbook:

Part 1: Something to do

Part 2: Someone to love

Part 3: Something to look forward to

At the end of this workbook you will find links to more information that could be useful.

Part 1

Something to do



The idea for workbook 2 comes from a philosopher (someone who thinks about things) called Immanuel Kant. About 200 years ago, Kant talked about what makes people happy. Kant said that to be happy people need **something to do, someone to love and something to hope for.**

His idea has been around for a long time. Lots of people have thought and written more about it. We will use his ideas to think about what makes a good life.

Something to do that is important to me

Most of us have things that we do every day. The things we do could include:

- getting up
- brushing our teeth
- eating breakfast

For some people it is hard to do these regular things. Some people need help. But whether these things are easy or hard, they are not what we mean when we talk about **something to do.**

When we talk about something to do we are talking about **something that is important to you.**

Other words for important are:

- meaningful
- significant

- feeling strongly about something

What is important to you may not be important to someone else. What is important is very personal. It is hard to imagine that two people will ever find all the same things important.



Shane Lipari, has been chosen by the NSW Government to share his life experiences and ideas.

He has told people about a time when he did not do things that were important to him.

Shane says that he had someone who came every day who helped him to get out of bed and get washed and dressed. After he had washed and dressed he did not have anywhere to go.

He did not have much to do after he woke up in the morning. Day after day he sat at home with nowhere to go.

Shane decided to volunteer at the local neighbourhood centre. After he started volunteering at the neighbourhood centre, Shane felt he had a reason to get up, get dressed and get ready.

Doing regular things to get ready was now important in Shane's life. They were important because those things now made it possible for him to do what he wanted to do.



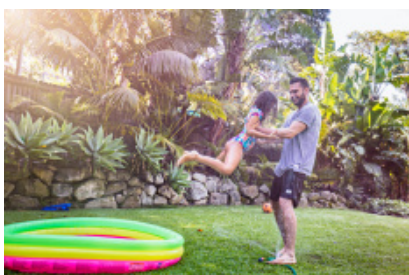
What are the things you do during an ordinary week?



Write or draw your ideas in the space below.

Here are some ideas to get you started:

- Swimming
- Gardening
- Volunteering
- Working
- Cooking
- Speaking to my friend
- Doing craft
- Going to the football
- Taking my dog for a walk
- Singing
- Watching TV



Example of a weekly calendar

Here is a calendar that notes what a person called Jane does each week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Get up 8am Work	Get up 8am Work	Get up 7am Go to the gym Shop for food	Get up 8am Work	Get up 7am Work	Get up 9am Clean house Make sure there is gas For the BBQ	Get up 10am Washing and ironing
Afternoon	Work	Work	Volunteer at the cat society	Work	Work	Family BBQ	Sit around doing nothing much
Evening	Call my aunt	Go singing	Dinner with mum and Dad	Put out the bins	Go to the movies with a group	Hang out with my family	Watch TV



What are the things you do each week?



Think about the things you do each week. When do you do them? Are they all on one day or on different days?



Write or draw your ideas in the space below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							



Talk to someone you know about what you did last week and the week before. Are there any things that you forgot to write or draw in your calendar?



Write or draw your ideas in the space below.



Of all the things you do during the week, are there things that are important to you?

Which are the things that are important to you?

In the example of Jane's weekly calendar **on page 7** of this workbook, one of the things that Jane does is to make sure there is gas for the BBQ.



It is Jane's job to make sure there is always enough gas in the BBQ bottle for the weekly family BBQ on Saturdays. Jane loves the family BBQs so it is very meaningful for her to be responsible for the gas.



Look at your calendar **on page 8** and write down the 3 things that you do each week that are most important to you.



Write or draw your ideas in the space below.

1.

2.

3.



Look at your calendar **on page 8** again and think about these questions.

1. Am I happy with what is happening each week?
2. Do I have enough things to do that are important to me?
3. Would I like to add anything?
4. Do I want to stop doing anything?



Write or draw your ideas in the space below.



1. Am I happy with what is happening each week?
2. Do I have enough things to do that are important to me?
3. Would I like to add anything?
4. Do I want to stop doing anything?

You may know what you are happy with and what you want to change.

You may need to try things out before you can think about what you want to do during the week.

You may not know what to do first. That is ok.



Part 2

Someone to love



The philosopher (someone who thinks about things) called Kant said that to be happy we need **someone to love**. In this workbook, we do not just mean a romantic relationship that you would have with a boyfriend or a girlfriend.

Romantic love might be important to you, but when we talk about having someone to love what we are talking about is more about **belonging**.

Belonging means:

- being part of something
- feeling safe when you are with someone
- doing what you want to
- taking part in some activity where you feel included
- when you are not there, people will notice

When we say it is important to have **someone to love** we really mean that it is important to **have people you care about and people who care about you**.





Think about the people you know. Who are they?



Write or draw your ideas in the space below.

When you think about all of the people that you know, some of the people are probably more important to you than others.

On page 15 there is a picture of three circles, with a drawing of a person in the middle. The drawing of the person is you.

The **red circle** is the centre circle. The red circle is for the people you know who are very close to your heart. Write their names or draw them in the red circle.

The next circle is the **green circle**. Write the names or draw all the people who you like and trust. These people are not as close as the people in the centre.

The **yellow circle** is for people you do not know well. You might see them every day and you might know their name, but they are not as important to you as the people in the other circles. Write or draw them in the yellow circle.

People I know



Write the names of people you know or draw the people you know in the circles.

Yellow - people you do not know well

Green - people who are close to you that you like

Red - people close to your heart



You

Each person will have different people in their circles.

Some people have lots of people very close to them.



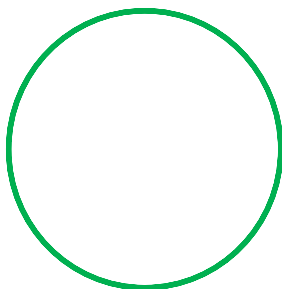
Red circle

Most people put close family members in the red circle. They also put someone who is their boyfriend or girlfriend in the red circle.



Sometimes people have nobody to put in the red circle because:

- their parents have died or they do not have any contact with other close family members
- they do not have any brothers or sisters or have no contact with them
- they do not have a boyfriend or girlfriend
- they do not have a very close best friend



Green circle

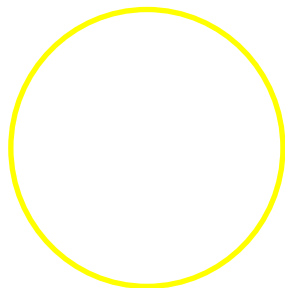
Most people put good friends and extended family (aunts, uncles, cousins, grandparents) into the green circle. But some people do not have a good friend or they come from a small family.

Sometimes, people put paid staff into that circle.

If you put paid staff in the circle of people who are close to you then think about if the paid staff member would come and spend time with you if they did not get paid.

If you do not think that a paid staff member would be in your life if they were not paid then maybe they should not be in your green circle.

If you think that a paid staff member would be in your life if they were not paid then maybe they should be in your green circle.



Yellow circle

The yellow circle is for people you see or have contact with some of the time. This could be someone you see at the shops like the local butcher or the guy who works in the local pet shop who talks to you when you go in.

Most people put people they pay for support in the yellow circle.

These people might be important in your life, but they are not really close to you as a person.

People Jane knows

On page 18 a woman called Jane has written down the people that she knows.

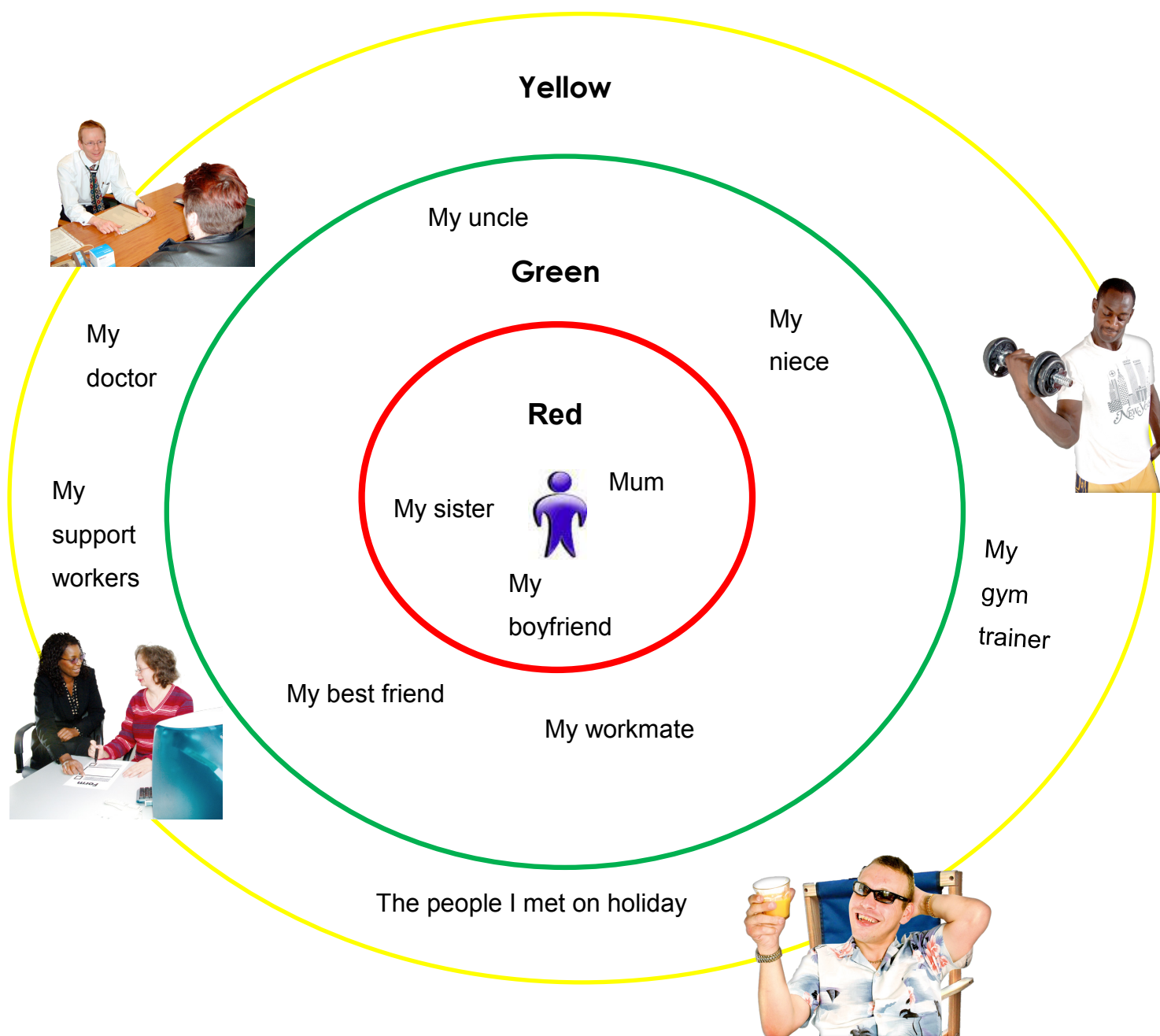


The people that she loves and knows best are in the **red circle** in the centre. These are her mum, her sister and her boyfriend.

The people that she knows and cares about are in the **green circle**. She does not care about these people as much as the people in the centre circle. The people in the green circle are her uncle, her best friend, her niece and her workmate.

The people that Jane knows but is not close to are in the **yellow circle**. These people are her support workers, her doctor, her gym trainer and some people she met on holidays.

People in Jane's circle



The people who Jane knows and who are close to her may change.

It is also possible that things will change for you. If you look at your circle drawing again in 6 months things may have changed.

The people you know and who you feel close to may have changed because:

- you have moved to another place
- a person has died
- you no longer speak with someone who was your friend
- you made a new friend
- there is a new man working in your local shop



Think about how things have changed for you during the last 12 months. How have they changed?



Write or draw your ideas in the space below.



Doing this exercise could make you feel:

- excited to think about how many people there are in your life
- sad because you no longer speak with someone who was close to you
- thankful that there are people who care about you
- lonely because there are not enough people close to you

It is ok to feel any of those feelings.



Think about

1. Do I have enough people in each circle?
2. Would I like more people in some of the circles?



Write or draw your ideas in the space below.

1. Do I have enough people in each circle?
2. Would I like more people in some of the circles?

If you would like there to be more people in your life who are close to you need to think about where you could meet new people.

You can also think about how you can become closer to people who you already know but who are not close to you.



You can also **read workbook 3** called **Can funding get me a good life?**

That workbook talks about how funding (money from the government) can be used to help you meet more people and have more people in your life.

Part 3

Something to look forward to



The philosopher (someone who thinks about things) called Kant wrote that what makes a happy life is to have **something to hope for**.

Hope is a belief that good things will happen in the future.

When we believe that good things will happen in the future we have **something to look forward to**.

Having something to look forward to is about having

- dreams
- things you want to achieve
- ideas for yourself and your life
- wishes
- goals
- aspirations

Having something to look forward to is very important for every human being. We all need something in our lives to look forward to.

The things we look forward to are the ones that make us feel happy and maybe excited and nervous.

You may already know what will make you happy and how to make that happen.

You may not know what will make you happy. That is ok.



Leigh Creighton is a man who knows what will make him happy.

Leigh says that he loves speaking in public. He wants to get married and have kids. He wants to be an advocate for people with disability and their families to help them have a good life. An advocate speaks up for other people.

Leigh goes to Toastmasters (a place where people learn to speak in public) to improve his public speaking. Leigh also has a part time job as an advocate. He is still working on getting married and having kids.



Leigh made a video with the National Disability Insurance Agency where he talked about what he enjoys and his hopes for the future. Click [Leigh's NDIS video message](#) to see the video.

What are you looking forward to? What are your dreams?

On page 23 there is a picture of a cloud.

This is for you to write or draw what you hope will happen in the future. Dream if you can.

Your dream can be

- big or small
- something that happens 1 time
- something that happens regularly

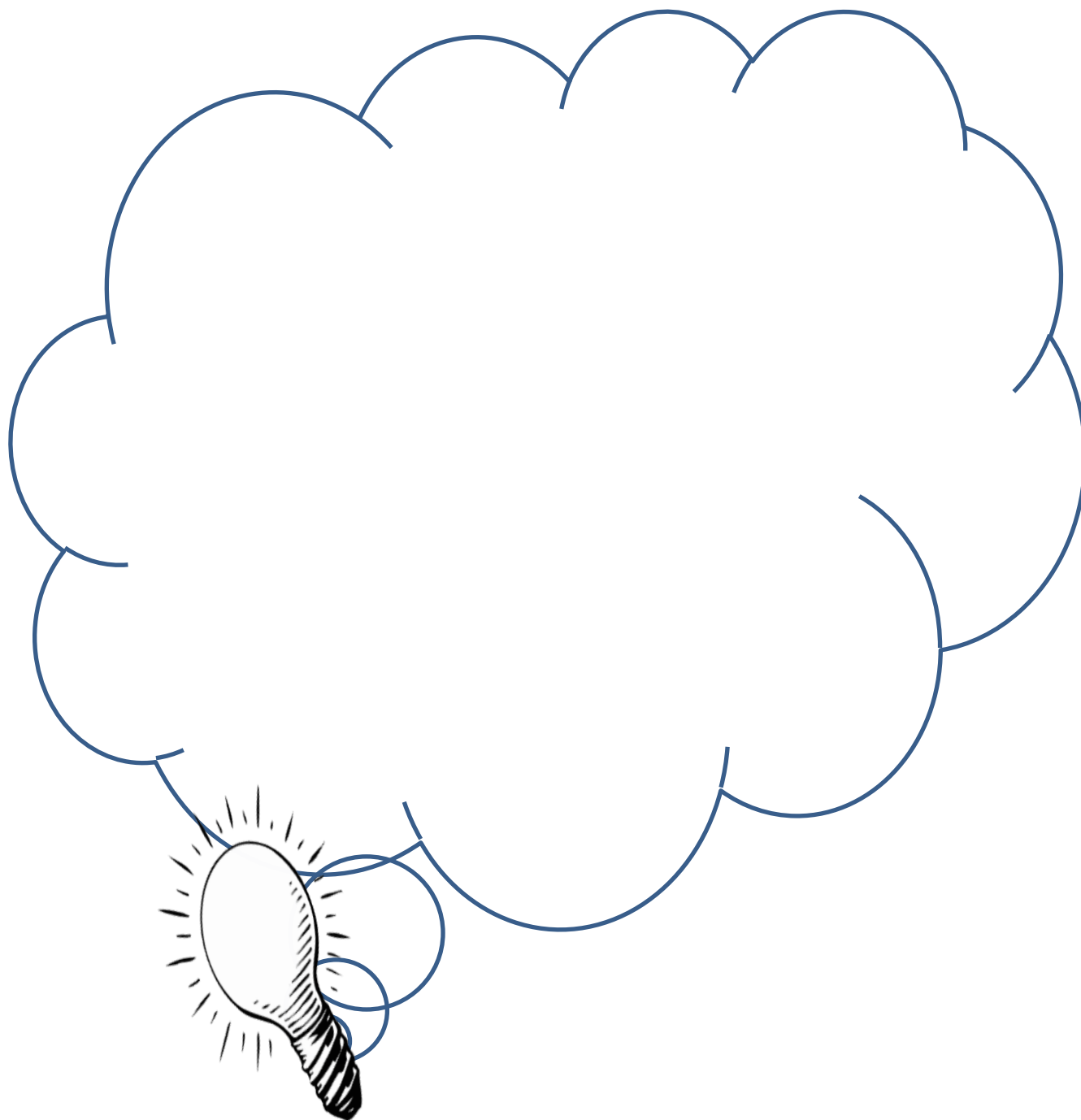
You might

- know how to achieve it or
- you might not know how to achieve it

My dreams for the future



Write down or draw your dreams for the future inside the cloud.





It does not matter if you do not know how to achieve your dreams. It does not matter if you think your dreams are possible. If you really want something to take place, things you thought were not possible sometimes will happen.

Even if you do not know how to go about achieving your dream you can still start by

- asking for help to plan
- talking to someone who might know
- looking up the things you want to do on the internet.



It is good to have dreams but if those dreams are going to come true you need to do something to make them happen.



Are there things you can do now to achieve your dreams? List 3 things you could do now.



Write or draw your ideas in the space below.

1.

2.

3.

Here is an example of a young man called Sam who has some dreams. Sam also has some ideas to achieve his dreams. **We talked about Sam in workbook 1 on page 15.**

Sam's steps to achieve his dreams

Sam dreams about moving out of home. He dreams about helping other people. Sam also dreams about becoming the Prime Minister of Australia. Sam has put pictures of those dreams on the cloud on this page.

The 3 steps Sam will take to achieve his dreams are:

1. go to Tafe to learn to read and write
2. go to Toastmasters (a place where people learn to speak in public) to learn to speak in front of people
3. volunteer with the State Emergency Services known as the SES so he can help people





You can read more about Sam and how he uses funding to help him get his dream in **workbook 3** called **Can funding get me a Good Life?**

You are at the end of this workbook



What did you learn from this workbook?



Write or draw it in the box below.



What 2 things will you do to get your good life?



Write or draw it in the box below.

1.

2.



When will you do your 2 things to get your good life?



Write or draw it in the box below.



Are there are other things you want to learn about that are not in this workbook?



Write or draw it in the box below.



A large empty rectangular box for writing or drawing.



You can call or email us with any feedback you have

We would like your feedback and your ideas of what we can do to make these workbooks more helpful for people.

We also would love to hear about your ideas for more workbooks, workshops and other resources.

The contact details are on page 2.

What is next?

Why not work with the next workbook called:

- **Can funding get me good life?**



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