

What kind of life do you want after high school?

What do you want to do after high school? What kind of life do you want? Answering these kinds of questions is an important step in making your transition plan.

To learn more about yourself, fill out the forms on the next pages. If you need help filling out the forms, ask a family member, friend, or teacher to help you.

1A What Is Your Big Vision of Your Future?

1B What Is Your Disability?

1C What Kind of Job or Career Do You Want?

1D How and Where Do You Want to Live?

1E How Do You Want To Spend Your Free Time?

1F What Help Will You Want after High School?

1G What about Your Health?

Tips on using these forms

Here are some tips to help you use the forms in this notebook:

- 1. Before you fill out a form, make a copy. We included a special section in Chapter 15 that includes each form in this book. If you work from a copy each time, you can use the forms more than once.
- 2. When you're filling out the forms, use a pencil. Then come back in a few months – if any of your goals have changed, erase your answers and write new ones.
- 3. After you fill in the forms, read over what you wrote. This is your vision of your future. Then show them to someone on your transition team and discuss what you've written. Talking with your team about these forms will help you plan a successful transition to your future.

It's your future. Make your plan.