

Listen to Me

Workbook



Listen to Me Workbook

This workbook is private. It belongs to:



Please don't read it unless I say you can.

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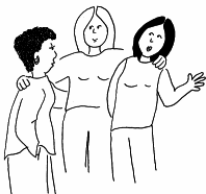
- This is a workbook for you, to help you think about how you want your life to be. In your workbook, you can write about:



Things you like



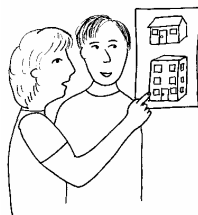
Things you don't like



What is important to you



Things in your life that you want to stay the same



Things in your life that you want to change

- You can put the information in in whatever way you want.



Some people write, some draw pictures, some stick photos or pictures. Add more paper if you need it.

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At the end, you can put the information together to let people know what is important in your life and what help you want. This is the start of what is called an essential lifestyle plan.



You could share your book with people you trust to help you. Together you can make sure you get what is important to you.

The questions outlined in the workbook are primarily derived from Listen to Me (Michael Smull and Bill Allen), and Thoughts About My Life (Karen Manning, Robin Reale and Michael Smull). Format by Helen Sanderson and Julie Allen. Design and layout by Jessica Tuck.

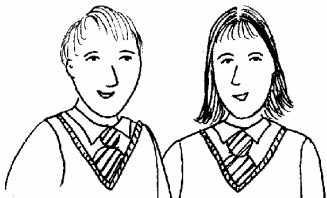
Pictures by Jessica Tuck, e-mail jessicaguilfoyle@telinco.co.uk and CHANGE PictureBank, email change.north@tesco.net

1) Who are the people in my life?

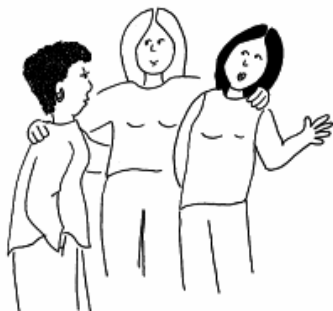
- Who are the people who are most important to me?
- Who are the people who know me best?
- Who do I spend most time with?



People in my family



People at school or work

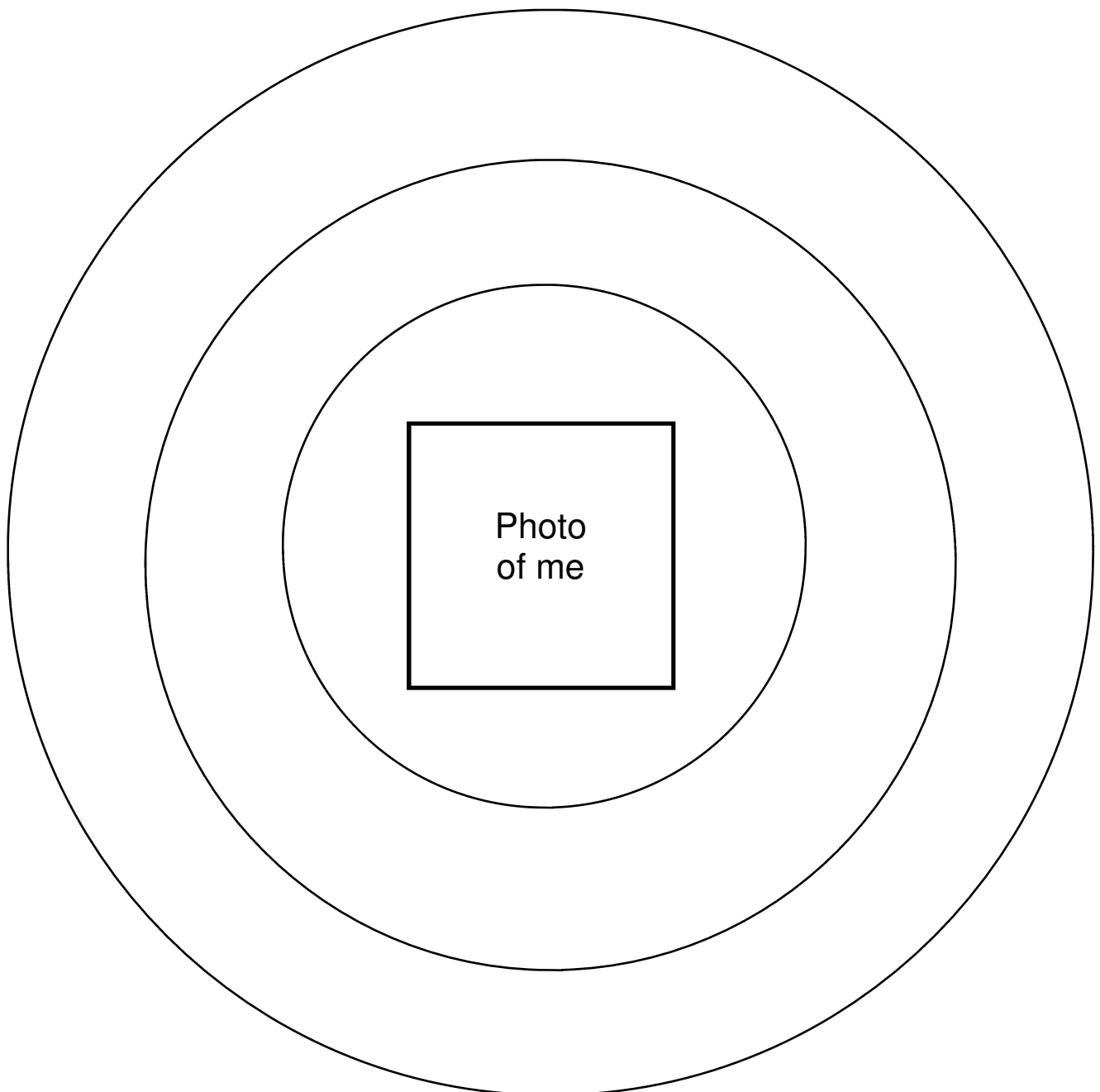


Neighbours and friends

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1) Who are the people in my life?

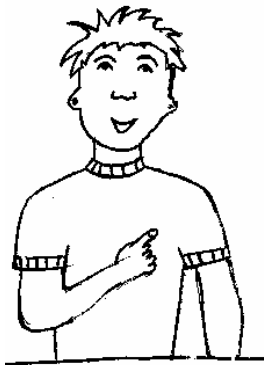
- Put a photograph or drawing of yourself in the box.
- Write the names of your important people in the circles.
- Some people put the names of people who are closest to them in the middle.



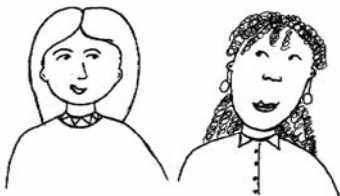
2) What do others like about me?



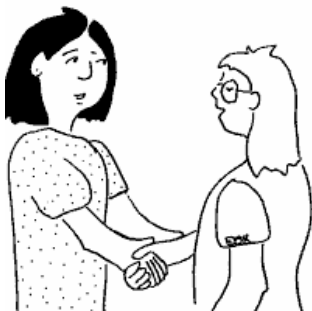
What are some great things about me?



What do I like about myself?



What are some nice things that people say about me?



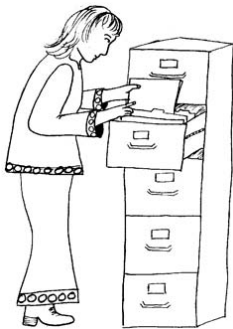
What do people thank me for?

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3) What do I like to do?



At home?



At work?



At school?



On holiday?

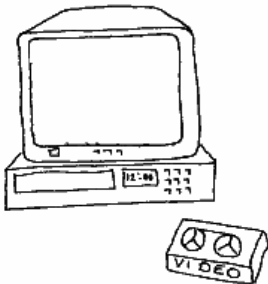


What do I do just for fun?

3) What do I like to do?



What kind of music do I like?



What kind of films do I like?



Do I have any hobbies?



Do I collect anything?

4) Things to keep that are important to me

- What things do I keep because they are important to me?

For example:



Watch



Jewellery



Photographs

5) Food that I like



What are my favourite foods?



What do I like to drink?



Are there foods that I do not like?

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6) My mornings

- What are my mornings like at the moment?



What do I do when I first get up?



What do I have for breakfast?



What time do I leave the house?



What makes me happy in the morning?



Who do I like to be around?

6) My mornings

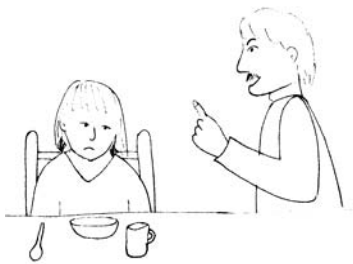
- What are my mornings like at the moment?



What can make me sad or angry in the mornings?



Who makes me upset or angry in the morning?

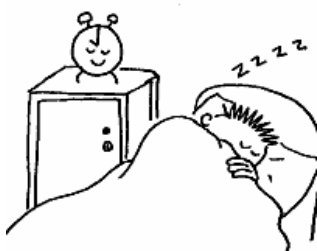


What do they do or say?

- What would I like my mornings to be like?



What would my favourite breakfast be?



If I could do anything in the morning, what would I do?

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7) During the day

- In the week, what do I usually do during the day?



Where do I go?

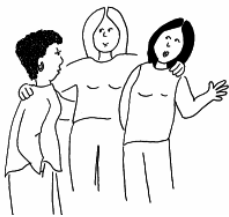


Who am I with?



What kind of activities do I do?

- What are the things that make me happy during the day?



Who do I like being with during the day?



What kinds of things do I like doing?



Where do I like to be?

7) During the day

What can make me sad or angry in the day?



Who makes me upset or angry in the day?



What do they do or say?



What kind of things do I hate doing?



Where do I dislike going?



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8) In the evenings

- In the week, what do I usually do in the evenings?



Where do I go?



Who am I with?



What kind of activities do I do?

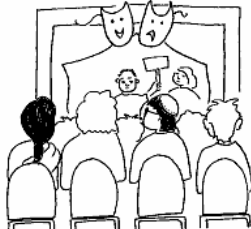
- What are the things that make me happy in the evenings?



Who do I like being with in the evenings?



What kinds of things do I like doing?



Where do I like to be?

8) In the evenings

What can make me sad or angry in the evenings?



Who do I dislike being with in the evenings?



What kind of things do I hate doing?



Where do I dislike going?



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9) At the weekends

- What are my Saturdays and Sundays like at the moment?



When do I get up?

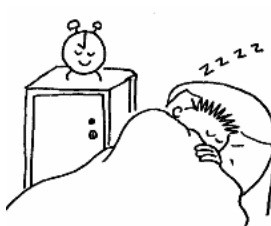


Who do I spend the day with?

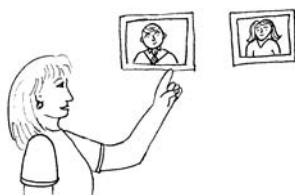


What do I do?

- What is my favourite way to spend a weekend?



When would I get up?



Who would I spend the day with?

9) At the weekends



What would I do?



What would I eat?



What would I do in the evening?

- What would be the worst way to spend a weekend?



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10) What helps?

- What helps me feel better when I have a bad day?



- What makes me feel happy?



11) How do I celebrate?

- What is my favourite way to spend my birthday?



- What do I like to do for Christmas or other special times?



12) How do I look after myself?

- What do I do to stay healthy and well?

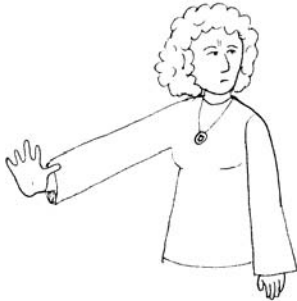


13) What changes would I like to make in my life?

If I could change something in my life, what would I change?



What would I stop happening?



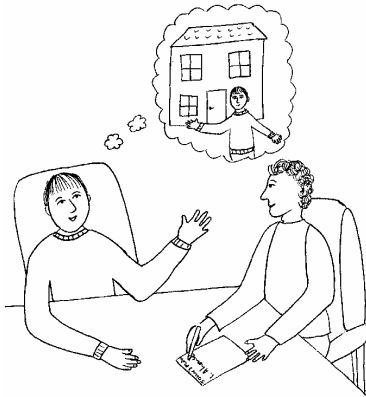
What would I like to start doing?



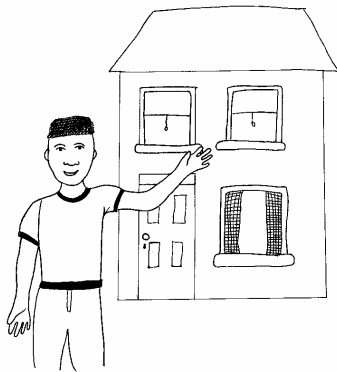
Where would I like to go?



14) My hopes and dreams for the future



What are my hopes and dreams?



Where would I live? With whom?



What would I do during the day?



What would I do for fun?

Putting it all together

Look back over the things you have written in this workbook. What are the most important things for the people who support you to remember?



What things do I want to make sure are in my life every day? (Like a cup of tea, or a favourite friend.)



What things do I want to make sure are **not** in my life every day? (Like a certain kind of music, or some food I can't stand.)

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Putting it all together

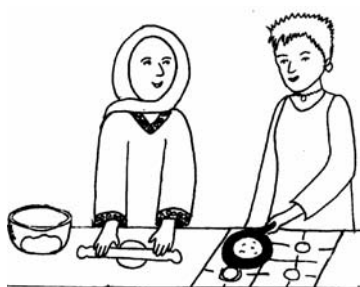
- What help do I want to do the things that are important to me?



What support do I want in the morning?



What support do I want during the day?

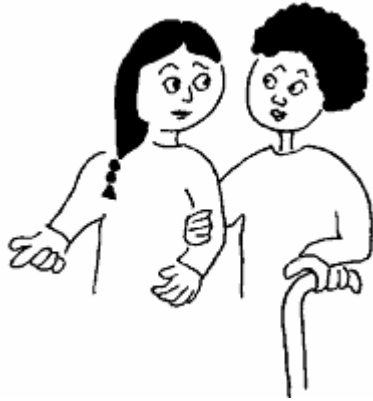


What support do I want in the evening?



What support do I want at the weekends?

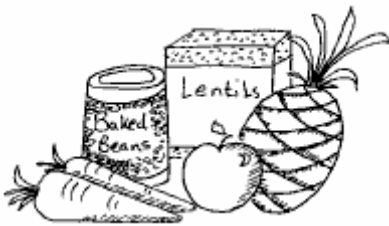
Putting it all together



Is there anything other people need to know about me to help me to stay safe?



Are there any medicines I need to take?



Are there things other people need to know about the food I eat?



What kind of people do I like to help me?