

# CHARTING the life course



## Life Trajectory Worksheet: Individual

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.

### VISION for a GOOD LIFE My Good Life During COVID-19

- Keep my family safe and healthy
- Clear, written protocol if a family member especially my child with a disability gets
- Have all the food and supplies we need
- Create or update a care notebook of LC healthcare team doc
- An offering of activities to do (quiet, individual, group, movement, etc) for each of my family members
- A schedule of when time together, video calls, free time work time, meals will take place to set expectations
- Be able to identify and practice ways to reduce my anxiety, frustration or worry (put time in schedule)
- identify and honor time for forced family fun
- Create virtual social time for all family members
- Learn something new

### What I DON'T Want

- Not have what we need from the store, pharmacy etc.
- My child with a disability getting COVID-19
- Any family member getting COVID-19 or other illness during shutdown
- Not keeping it together, anxiety or frustration taking over, major melt downs
- Lack of routine or expectation
- Lack of laughter and fun
- feeling isolated and disconnected

