

## 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.

### How to Deal

- Flexibility (ex take advantage of good weather with Max and send outside instead of school work inside)
- Use my Powerful Tools for Caregivers Action Plan
- Use a flexible schedule
- Implement family meetings to discuss things and allow them to feel part of decisions, address concerns or worries
- Pacing things in a way to make days different, and look forward to things, differentiating the days
- Practice gratitude
- Scheduling time to Skype or FaceTime dinners with family, virtual happy hour
- Pick a house project, seeing the good that can come from this (paint the bathroom, plant seedlings)
- Giving grace to myself and others
- Limiting exposure to negativity

### What I do fear/worry about

- Relationships suffering because of too much time or not enough time together
- Loss of patience/sense of humor
- I can't juggle all this
- My anxious introverted Lucas is getting more so
- Loneliness for Max, annoying people
- Max's school frustration is now associated with home, no escape
- Max's confusion and lack of understanding along with Spring Break causes inappropriate and frustrating or annoying responses this impacts relationships
- Husband's and my fear of the unknown, loss of job, potential downsizing
- Max's boredom leading to poor decision making, annoyance, impatience, unhappiness
- Striking a good balance, between doing too much and floating or doing nothing at all

