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Moving On SECOND EDITION

A Personal Futures Planning Workbook for Individuals with Brain Injury

with contributions from
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To the users of *Moving On: A companion volume (Facilitator's Manual)* is available for downloading at www.mssm.edu/tbinet. The *Facilitator's Manual* provides detailed assistance for people who help in facilitating the "moving on" of individuals who have experienced a brain injury.

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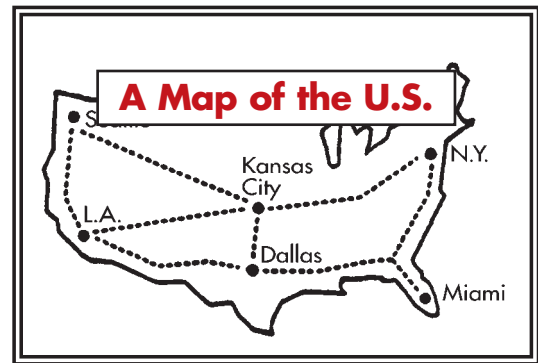
SECTION I

What Is “Personal Futures Planning” ?

What is “Personal Futures Planning”?

Most people’s lives are more satisfying when they have a clear picture of what they want for themselves. When people develop a mental image of how to achieve their goals, their sense of hope is strengthened. As these mental images become more detailed, we might think of them as **mental maps**. Mental maps show us what is likely to be helpful and what may be barriers to reaching a better future.

When we think of “maps”, we may imagine a road map – one showing the United States, for example. If you wanted to get to Miami from New York and you didn’t know the way, you would use such a map. The mental maps we will discuss in this workbook do not look like geographical maps. They more often look like lists. Still, they are a kind of map – one that will help show you the way to a better future.



A Map of What I Want to Do This Year

1. *Get a job*
2. *Meet more people*
3. *Reduce medications*
4. *Have more fun*

Not all people have mental maps.

- They might have dreams or hopes, but not know how to take action.
- Or, they may dwell on what is wrong in their lives, without moving on to think about how to make life better.
- Or, they may not see what can be done to improve their lives.
- Or, they may feel they don’t have a right to dream.

If you have no plan or map for your future, you lack an important tool for making your life all that it can be. This book offers you a tool to help you make a plan for your future and to work on carrying out that plan. That tool is called Personal Futures Planning.

Personal Futures Planning will help you develop maps to a better future by:

- ... helping you sort through what your life was like in the past.
- ... helping you think about your current situation, both what you like about your life and what you feel needs changing.
- ... helping you map out your future, both what you would like for yourself and how you can go about achieving those things.

Personal Futures Planning can:

- ... encourage you to have hope.
- ... help you see yourself as a whole person.
- ... encourage you to pull your life together.
- ... empower you to acknowledge the obstacles in your life, without losing sight of the opportunities.
- ... show you how to create a vision of your future and what you want for yourself.
- ... enable you to create your own personal maps that can help you direct the course of your life.

People who have used Personal Futures Planning feel that they are on a journey. In this journey, they develop mental maps based on who they are and what they want for themselves. They find valuable resources from the past and opportunities in the present. They then use those resources to create their maps to the future. Personal Futures Planning helps them to move on in their journey and keep on track.

Why is Personal Futures Planning useful after brain injury?

Brain injury (BI) typically creates a major upheaval in a person's life. Out of the blue, life changes.

Often it is only through great effort that the life of the individual who has had the injury, and that of his or her family, can be re-shaped so that the individual can get on with life.

In fact, many people with BI report that their lives feel pulled apart by the injury. They may feel that others see them as broken people, or they themselves may feel broken. They may feel that control of their lives has been taken from them.



In addition to feeling personal loss, people with BI often can feel overwhelmed. They may be disappointed in the lack of support that they are getting from the community or from agencies that are supposed to help them.

Personal Futures Planning can help people with BI move on.

What is there to move on to?

- Feeling whole again.
- Feeling good about one's self.
- Having hope for the future.
- Creating a vision of a good life and developing maps to reach it.

What do I do now?

If you are interested in moving on and mapping your future, this workbook will help you find your way. It will take you through the paths of Personal Futures Planning.

Personal Futures Planning asks you to involve friends and family members in planning. This is based on the idea that each of us needs a team of supportive people in our life if we hope to succeed. Needing supportive friends and family isn't a part of having a BI; it is a part of being human.

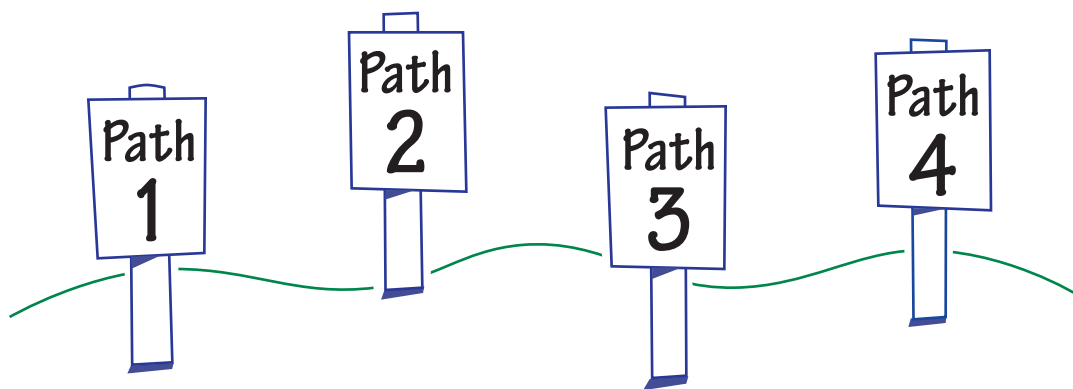
Mapping your future should involve others, especially those who care about you.

Here's how to get started:

- Read all of Section 1 (pp. 1-12), which describes Personal Futures Planning.
- Then, start Section II (pp. 13-59) of this workbook called "Mapping My Future". The work you will do there is divided into four paths.

Take the four paths of Personal Futures Planning.

Personal Future Planning asks you to proceed through four paths that will give you the knowledge you need to create a more satisfying future for yourself. By taking these four paths, you will review your past and your current life. On each path, you will create a number of maps. Together, these maps will move you towards a better future. The following four pages briefly summarize the four paths of Personal Futures Planning.



An Introduction to
THE FIRST PATH:
Beginning My Journey

On the first path, you will begin your journey by gathering together the people you need.

You will select one, two or more people who are willing to listen to you and help you in planning your future.

Working as a team, you will then define what you would most like to change in your life.

Finally, you and your planning team will list your hopes and aspirations.



On the first path, you will make three maps:

Map 1

People Willing
to Listen
and Help

Map 2

What I Want
to Change
in My Life

Map 3

My Hopes

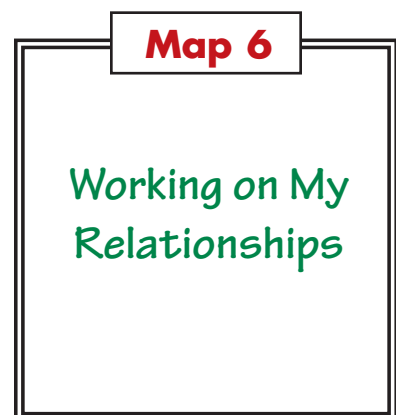
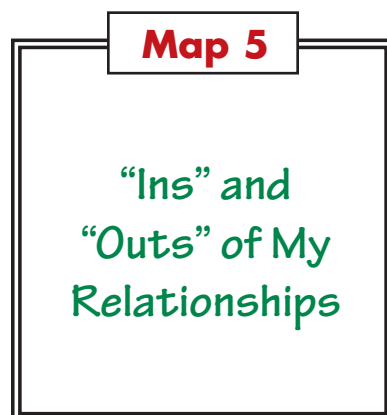
An Introduction to
THE SECOND PATH:
Expanding and Deepening
My Relationships

*Personal Futures Planning is rooted in the belief that all of us need “a little help from our friends”. Throughout all the paths, you will rely on help and support from **some** of your friends. But on this path, your job is to look beyond the group working with you – to **all** the people in your life.*

You and your planning team will look at what is and isn't working in your relationships. Then you and your team can begin to look at ways to improve and increase the relationships you have.



On the second path, you will make three maps:



An Introduction to **THE THIRD PATH: Redefining My Self**

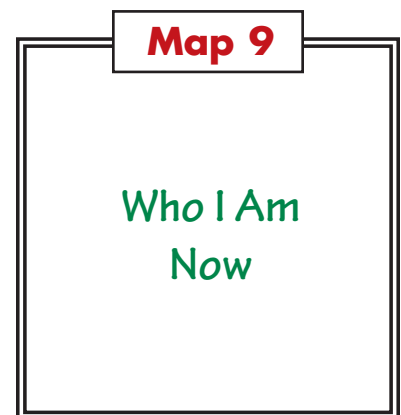
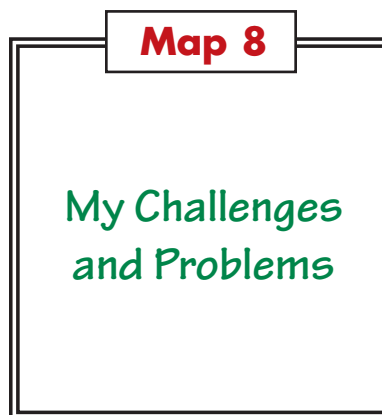
Your interests and strengths say a lot about who you are, as do your challenges and problems.

*On this path, you will reflect on how your interests and challenges have changed since the time of your injury. This process can be especially helpful in getting a better idea of who you really are **now**.*

This path is very important, as it means that not only do you need to look at what is working for you but also what are some of the problems for you right now.



On the third path, you will make three maps:



An Introduction to **THE FOURTH PATH: Realizing My Vision**

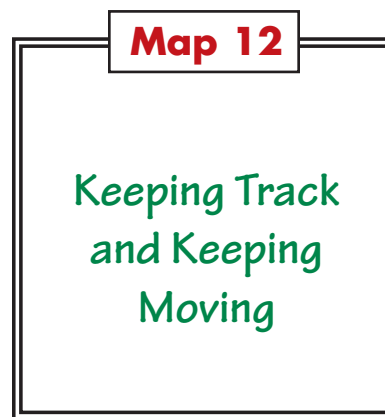
The final path in Personal Futures Planning brings together what you have discovered about yourself. You may want to add more people to your team to help with this task.

On this path, you will create a vision of what your future will look like. You will also define the actions you and your team will take to make your vision real.

Finally, you and your planning team will keep track of progress and keep moving ahead. This part of Personal Futures Planning is repeated until your vision is achieved.



On the fourth path, you will make three maps:



SUMMARY:

The Four Paths of Personal Futures Planning Are:



Beginning My Journey



Expanding and Deepening My Relationships



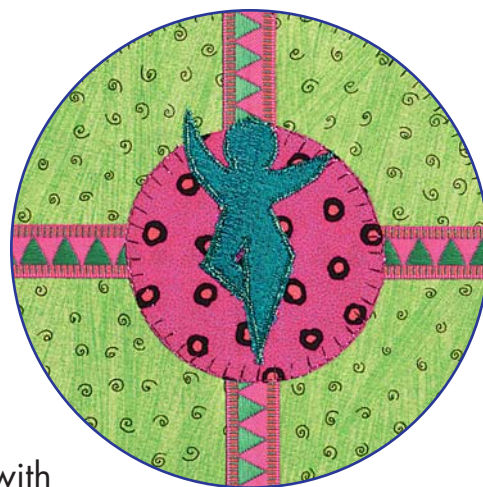
Redefining My Self



Realizing My Vision

After completing these four tasks, you and your planning team will have created 12 maps that together will help you reach a better future for yourself.

To help you on your journey, we would like to introduce **Toby**, a single parent who had a brain injury five years ago. Toby has decided to use Personal Futures Planning to move on in life. In Section II, we will show how Toby completes each map, to give you an example of how someone else with BI has moved on.



Good luck on your journey!



A Note about Map Making

In the next section of this workbook, you will be completing 12 maps. Please glance now at the first one on page 18. As you do each map, you have a choice:

- You can work directly on the blank maps provided in this book.
- If you don't want to write directly in this workbook, or feel you need more room for writing, you may want to copy the blank maps. As you complete these maps, be sure to store them with this workbook.
- Some people may want to rough out their maps on scratch paper and then record the final version either in the workbook or on a photocopy.
- Others may feel more comfortable doing their maps on a word processor and printing them out on blank paper.

There is no one right way to do this: it's up to you and your preferences. In any case, many people find it useful to write the date they complete a map at the bottom of the map page. This just helps them keep track of "when things happened".

One other thing to keep in mind: If you are working on one map and want to refresh your memory about what you wrote on previous ones, it's a good idea to spread your maps out on a table.

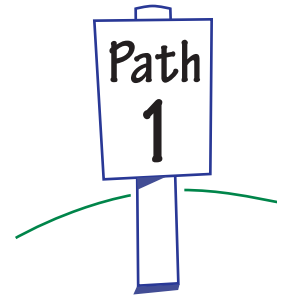
SECTION II

Mapping My Future

THE FIRST PATH: Beginning My Journey

A Quote from a Person with a Brain Injury:

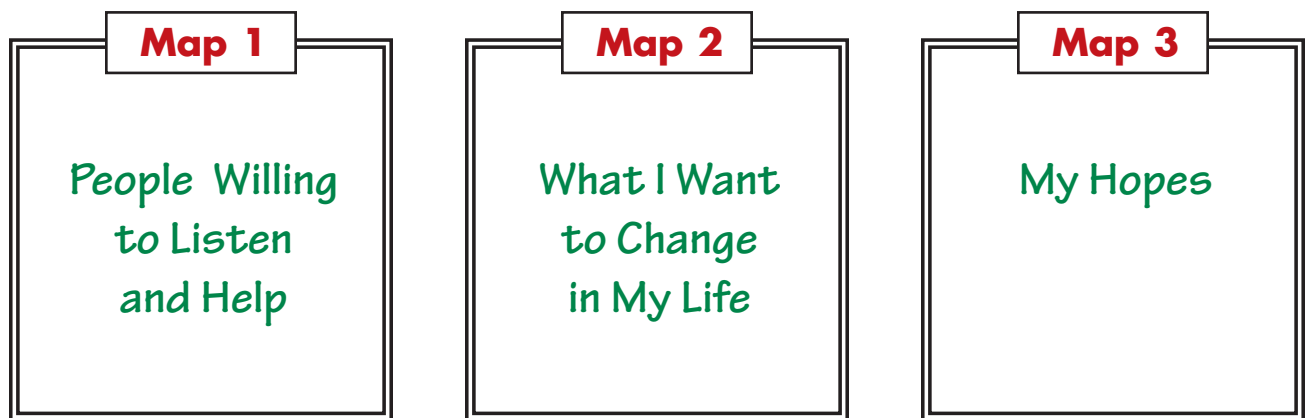
"For me, I had to come to terms with the reality that I was stuck in the place I was in forever, especially if I didn't stand up for myself and do something about it."



This journey begins like many other journeys. You decide who will be traveling with you. You decide what needs changing in your life in order for you to succeed. And, you decide what you hope to accomplish. Hopes can provide the direction of your journey. Hopes can also give you the confidence to keep you going.

When you begin your journey, it is helpful to find a few people who are willing to listen and aid you in planning your future. Map 1 will help you do this. Then, you will use this workbook to start working together on defining the things that need changing in your life. Once you have looked at what needs changing, you will be prepared to list your hopes.

The three maps you make at the start of your journey will together lay the foundation for creating a better life for yourself. These maps will also help your team know you better.



MAP 1: People Willing to Listen and Help

Introduction

In this map, you will list the people who you believe are willing to listen to you and help you in planning for your future. In creating this map, think about:

- ... who listens when you talk about what is important to you.
- ... who finds ways of keeping your needs and hopes from being lost or ignored.
- ... who treats you with respect.

Developing MAP 1

- 1 Look at the example of MAP 1 provided below. It shows how Toby, another person with BI, developed a map of the people who are willing to listen and help.

Map 1: People Willing to Listen and Help Toby

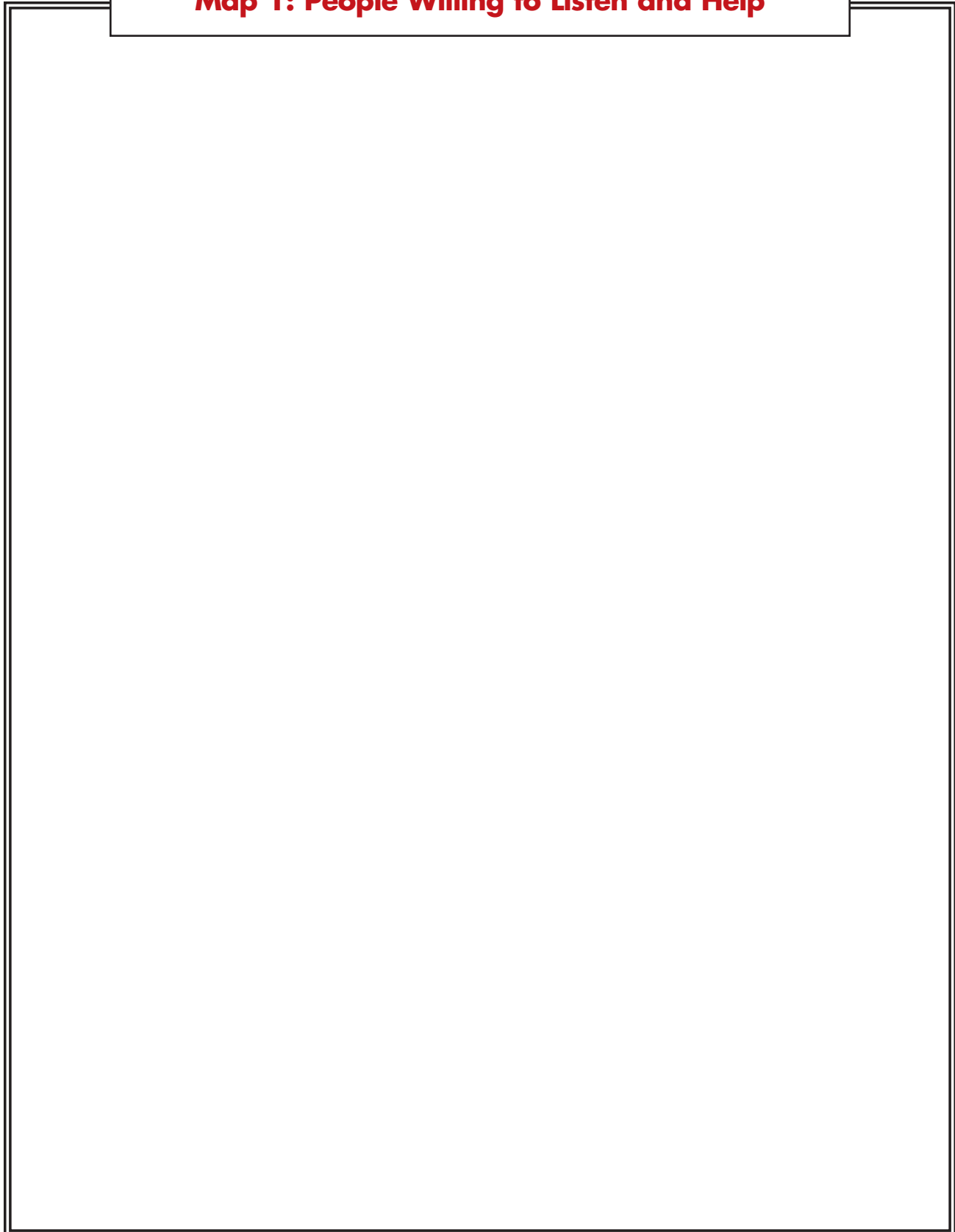
<p>DANIEL My son</p>	<p>DR. BAKER My family physician</p>
<p>MARK My friend</p>	<p>NANCY My neighbor</p>

- ② Ask yourself the following questions before completing your own MAP 1:
- Who do I rely on?
 - Who stands by me through thick and thin?
 - Who really pays attention to what I have to say?
 - Who best understands what my life is like?
 - Who shows concern for how I am doing?
 - Who asks me questions about my future plans?
 - Who is likely to be willing to help me achieve my dreams?
 - Who do I trust?
- ③ Based on your responses to the questions above, complete your own MAP 1. List the people who you think will listen to you and help you in planning your future.

Remember, you can use the blank map on the next page, or a blank sheet of paper.



Map 1: People Willing to Listen and Help





The Importance of Having a Team

BEFORE GOING ANY FURTHER, ask yourself which of the persons you listed in MAP 1 is most likely to help. Then ask that person to read Section 1 of this workbook. Also ask if he or she would be willing to meet with you on an ongoing basis to help plan your future. You might also ask other people listed in MAP 1 if they would be willing to join your planning team.

As you go through the steps of Personal Futures Planning, you may want to add more people to your team to help you develop maps and work with you on your action plan. Remember, even just one other person helping you is better than trying Personal Futures Planning alone. You may have a large or a small group, but having a planning team is important.

You may choose to meet once a week or once a month to develop the remaining maps in this workbook. Some of the people you listed might meet regularly with you, while you may call on others only when their help or advice seems particularly useful. There are many ways that the people listed in MAP 1 can participate. The important point is that you need to reach out and ask them to join your planning team.

Once your planning team is ready, it is time for you and your team to proceed to MAP 2, on the next page.

MAP 2: What I Want to Change in My Life

Introduction

In this map, you and your planning team will list the things in your life that you would like to change. Be sure to do this map with the planning team you put together. Think about the things that are getting in your way or annoying you. These might be things within yourself, within others or within some other part of your life.

Developing MAP 2

- 1 Look at the example of MAP 2 provided below. It shows how Toby developed a map of things to change to make life better.

Map 2: What Toby Wants to Change

- Not having enough to do, being bored
- Depending on other people for transportation
- People talking about me as if I am not there
- Not being as good a parent as I'd like
- I want to know where all my friends are now
- Feeling like my life before the accident had no meaning
- I don't have enough control over things in my life

- ② With your planning team, ask yourself the following questions before completing your own MAP 2:
- In what ways am I dissatisfied with how I spend my time?
 - In what ways do I feel disappointed with my friends, family, other people or myself?
 - Do I feel that I am free to make my own choices?
 - What are the barriers that keep me from doing what I want?
 - Do I have people in my life who provide me with encouragement?
 - Are my needs adequately being met by medical and other service providers?
 - What do I feel I need most that I am not getting?
 - What part of my life angers or saddens me?
- ③ Based on the responses you and your planning team made to the questions above, complete MAP 2. List what you would most like to change in your life.

Remember, you can use the blank map on the next page, or a blank sheet of paper.



Map 2: What I Want to Change in My Life

A large empty rectangular frame with a double-line border, intended for a map or drawing. The frame is positioned centrally on the page, below the title box. It is currently blank, providing space for the user to create their map.



Should I Do Map 3 Right Now?

At this point, you and your planning team may want to move on to complete MAP 3. Or MAP 3 and MAP 4. Or any number of additional maps. Or none at all right now.

There is no one right way to do Personal Futures Planning. Each person will proceed through this workbook at a different speed. Some will complete all the maps quickly. Others may want to go more slowly. It is up to you.

We only recommend the obvious:

- Don't do so much at any one time that you wear yourself out.
- Don't do so little at any one time that you squash your excitement and commitment to move on in your life.

MAP 3: My Hopes

Introduction

In this map, you will list the things you would like to see happen in your life that aren't happening now. These are your hopes. Think about the things that you would like to be doing – things that would make your life more fulfilling. A review of MAP 2 may help you and your planning team complete this map.

Developing MAP 3

- 1 Look at the example of MAP 3 provided below. It shows how Toby and the planning team developed a map of Toby's hopes.

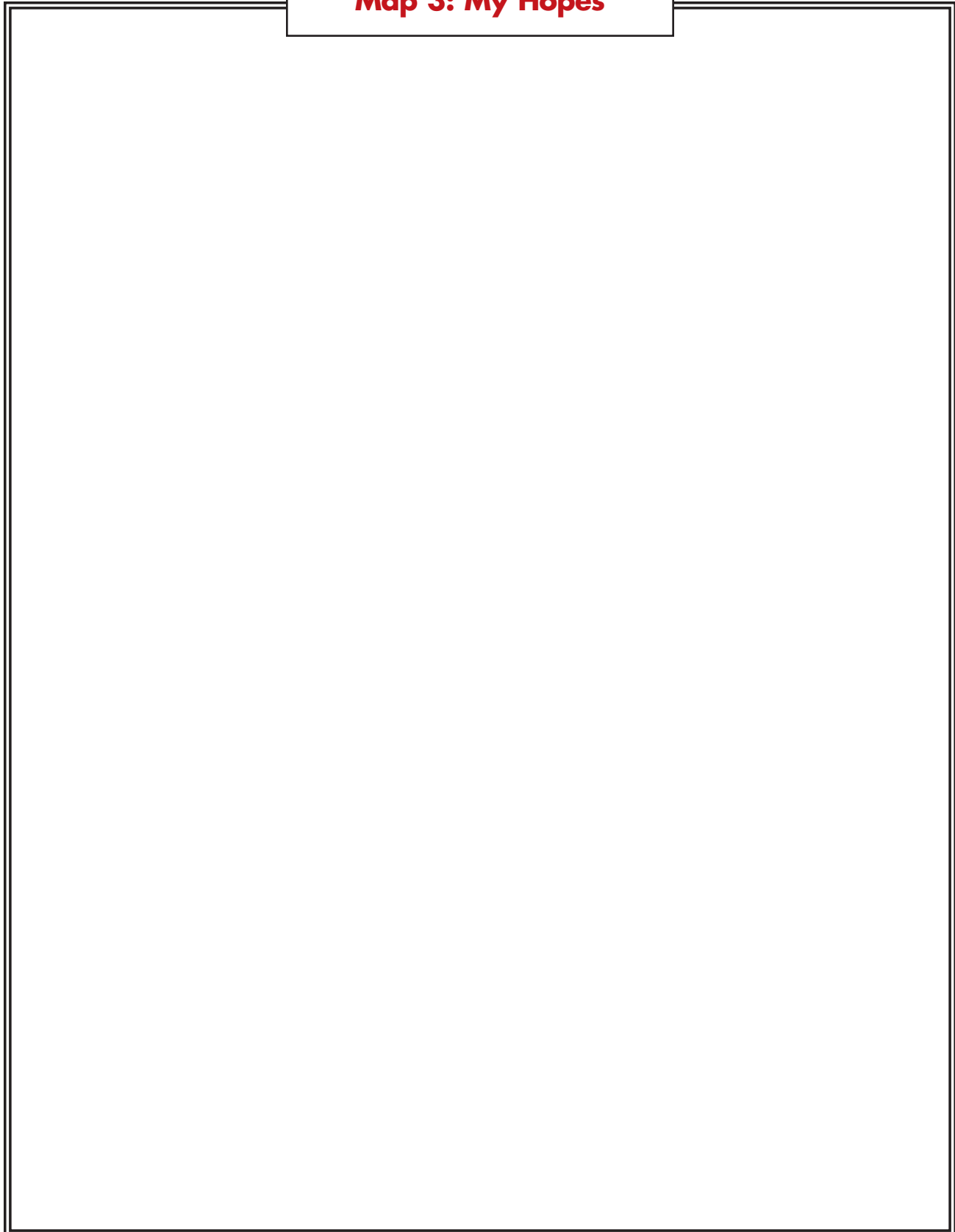
Map 3: Toby's Hopes

- Earn a living again in a job I like
- Relate better to my child
- Get more control of my life
- Have more fun in my life
- Have more ways to get around
- Have more friends
- Value my life again, like I used to

- ② With your planning team, ask yourself the following questions before completing your own MAP 3:
- What things interest me most that I am not doing now?
 - What things do I most want to accomplish in my life?
 - What is missing from my life that would add greatly to my happiness?
 - Who would I most like to live with?
 - Who would I most like to spend my time with?
 - What would be a great job for me?
 - What do I want to improve about myself?
- ③ Based on the responses you and your planning team gave to the questions above, complete your own MAP 3. List your hopes and what you want from life.
- Remember**, you can use the blank map on the next page, or a blank sheet of paper.



Map 3: My Hopes



THE SECOND PATH: Expanding and Deepening My Relationships

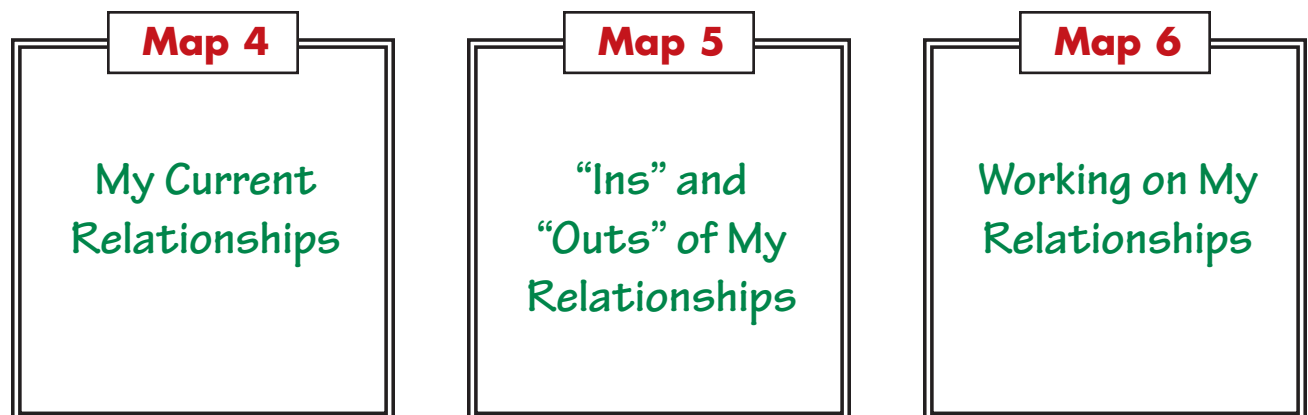
A Quote from a Person with a Brain Injury:

"I think that many people who sustain a brain injury have a lot of people who aren't there for them any more. It may take a while to recognize who these people are and to realize that sometimes it's a loss, but sometimes those people weren't there to begin with."



The people in your life can play a crucial part in turning your hopes into reality. People can share in your times of struggle and in your times of celebration. People also add to our lives in hundreds of other ways.

On this path, you will first look at who is currently in your life. Then you and your planning team will look at the positive and negative parts of your relationships before and after your injury. This process will help you and your planning team develop strategies for working on your current relationships and for reaching out and meeting new people.



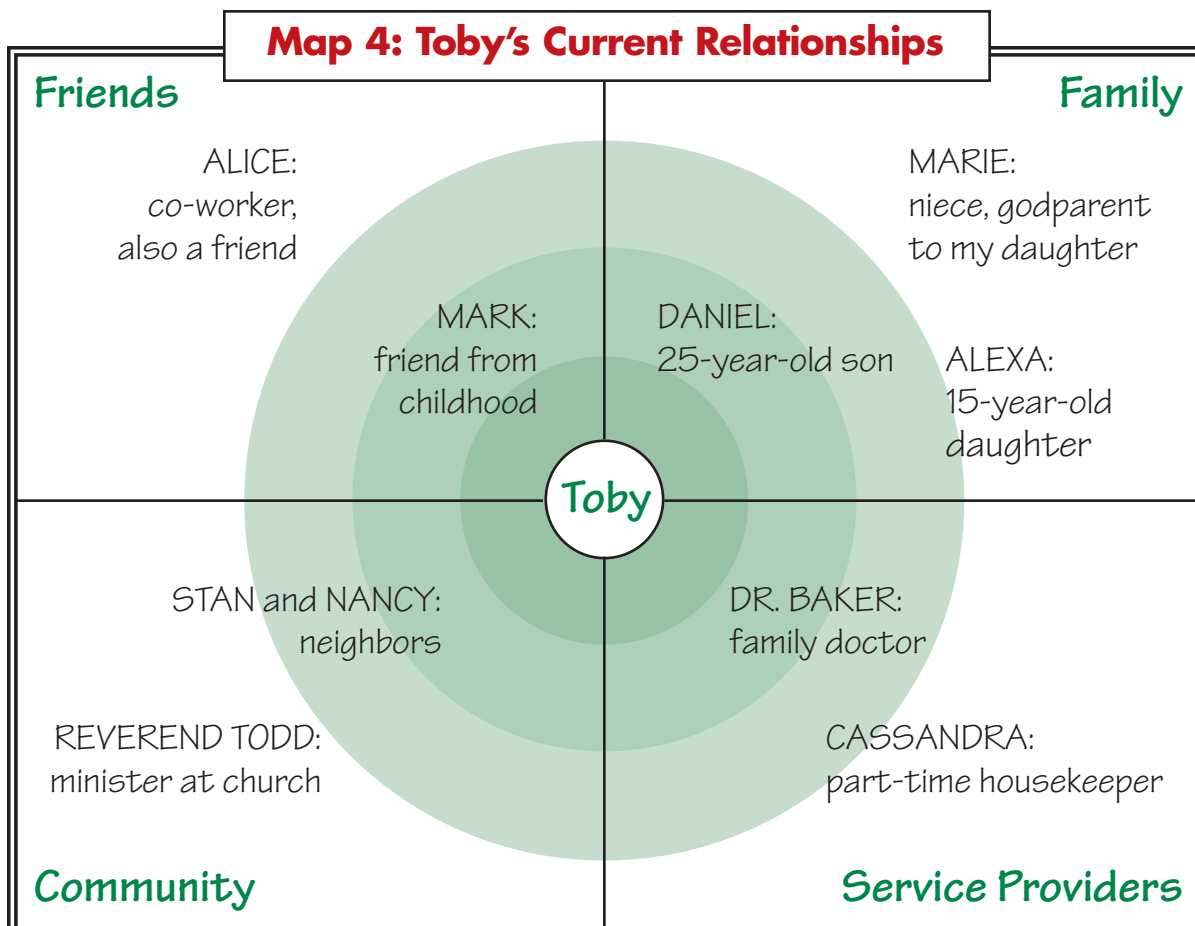
MAP 4: My Current Relationships

Introduction

In this map, you list the people who you believe are important in your life currently. This list will include people who are your family and friends, as well as people in the community and service providers. Think about who is strongly connected with your life.

Developing Map 4

- 1 Look at the example of Map 4 provided below. It shows how Toby developed a map of current relationships. Toby's closest relationships are recorded in the dark area closest to the center.

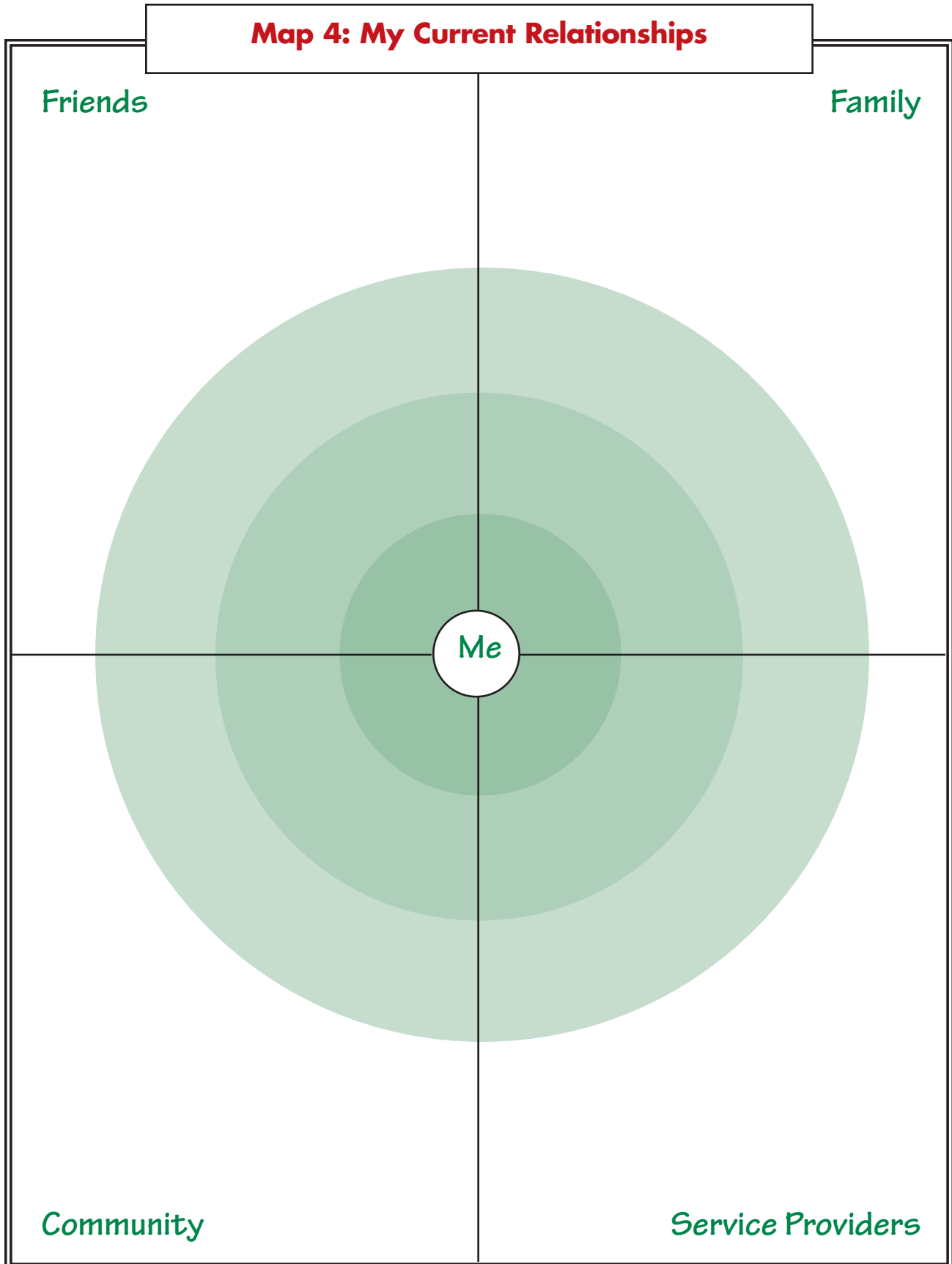


- ② Ask yourself the following questions before completing your own MAP 4:
 - Who are my family members (my biological family or anyone I consider to be family)?
 - Who are my close personal friends?
 - Who am I strongly connected to through work, school, church or other parts of my community?
 - Who are the service providers (those paid for attending to my needs) who are the most important to my life?

- ③ Based on the responses you and your planning team made to the questions above, list people who are particularly close to you in the dark area nearest to the white circle. Those who are not as close should be recorded further away. Write each person's name and a brief description of the person in the appropriate section of the map.

Remember, you can use the blank map on the next page, or a blank sheet of paper.







MAPS 5A AND 5B: “Ins” and “Outs” of My Relationships

Introduction

In MAP 5A, you and your planning team will list positive and negative things about your relationships – what worked and what did not work – **before your injury**. And, in MAP 5B, you will list positive and negative things about your relationships – what works and does not work – **after your injury**. Reviewing previous maps may be helpful.

Developing Maps 5A and 5B:

- 1 Look at the examples of MAPS 5A and 5B provided below. They show how Toby and the planning team developed a map of the good and bad things about Toby’s relationships **before** and **after** the BI.

Map 5A: Before BI – Toby’s Relationships

What Worked

- My family relied on me.
- I had lots of friends.
- I knew many of my neighbors.

What Did Not Work

- I was often angry with people.
- I did not have enough time for my family.

Map 5B: After BI – Toby’s Relationships

What Works Now

- My family is more self-reliant.
- I am more patient.
- I treasure my friendships more.

What Does Not Work Now

- My son criticizes me.
- Many of my so-called friends aren’t around any more.

- 2 Ask yourself and your planning team the following questions before completing your own MAP 5A:

Before my injury:

- What was good about my relationships? What worked?
 - What did I dislike about my relationships? What did not work?
- 3 Based on the responses you and your planning team made to the questions above, list what worked and what did not work in your relationships **before** your BI. Record MAP 5A on a blank sheet of paper, or you can use the map below.

Map 5A: Before BI – My Relationships	
What Worked	What Did Not Work

- ④ With your planning team, ask yourself the following questions before completing your own MAP 5B:

After my injury:

- What is good about my relationships? What works now?
 - What is not so good about my relationships? What does not work?
 - How did my relationships change?
 - How did my relationships remain the same?
- ⑤ Based on the responses you and your planning team made to the questions above, list what works and what does not work in your relationships **after** your BI. Record MAP 5B on a blank sheet of paper, or you can use the map below.

Map 5B: After BI – My Relationships	
What Works Now	What Does Not Work Now

MAP 6: Working on My Relationships

Introduction

In this map, you and your planning team will list the things you can do to expand and deepen your relationships. Reviewing other maps, especially Maps 4, 5A and 5B, will help you to create this map. In completing it, think about what you and your planning team can do:

- ... to improve the relationships you currently have.
- ... to possibly restore some relationships that have been lost.
- ... to encourage new relationships.

Developing Map 6

- 1 Look at the example of Map 6 provided below. It shows how Toby and the planning team developed a map of how to strengthen and expand Toby's relationships.

Map 6: How Toby Will Work on Relationships

- *Get in touch with Marie, whom I haven't seen since my injury.*
- *Ask Dr. Baker if she knows someone who can provide me with some family counseling.*
- *Invite my friends Alice and Mark over for dinner.*
- *Talk to Daniel about how his criticisms make me angry.*
- *Get involved in my community again – start with church.*

- 2 Ask yourself the following questions before completing your own Map 6:
- How might I get in touch with someone I have not seen for a long time?
 - Who would be a good person to invite for dinner, to go to a movie or to have coffee with?
 - Are there any relationships in my life that I am uncomfortable with and might want to change?
 - What activities or groups in my community interest me?
 - How would I go about getting involved with any of these community activities or groups?
 - Is there anyone in my community who is well connected and might be willing to help me get involved in these activities or groups?
- 3 Before doing this map, review MAPS 4, 5A and 5B. Based on the responses you and your planning team made to the questions above, list what you will do to expand and deepen your relationships. Record MAP 6 on a blank sheet of paper, or you can use the next page.



Map 6: How I Will Work on My Relationships

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The Importance of Relationships

Strengthening your connections with people is an important part of getting to a better future. The step you have just completed will get you and your planning team thinking about what can be done to improve the connections you have with people in your community.

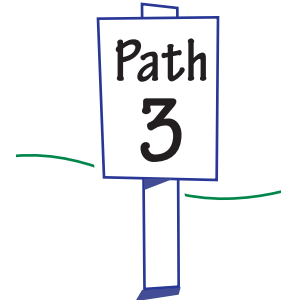
As you go through the remaining steps, you and your planning team should keep coming back to MAP 6. This way you can keep track of what is working and what is not working as you try to make new friends and become a better friend to people currently in your life.

One key to success is to keep going and improve upon what is working. And when something is not working, try to figure out what you and your planning team can do differently to make it work.

THE THIRD PATH: Redefining My Self

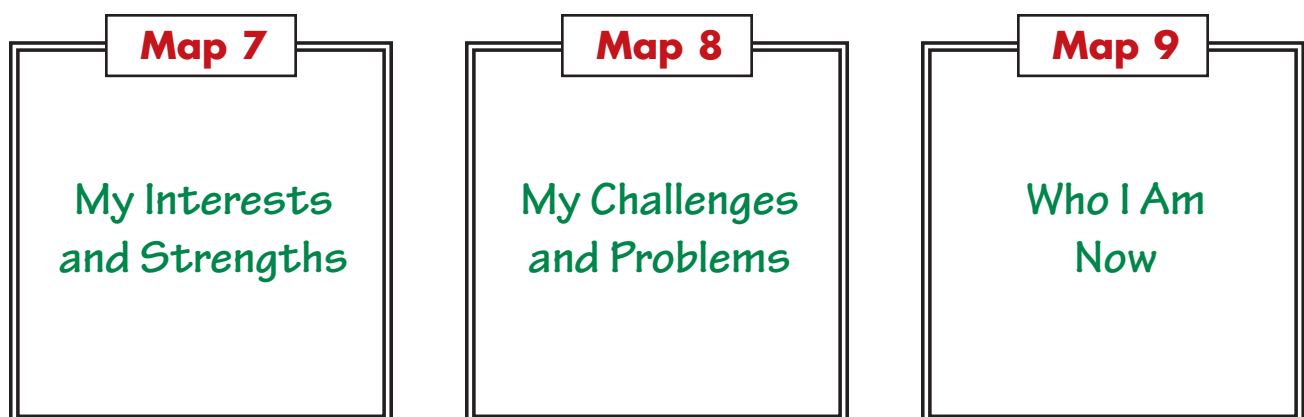
A Quote from a Person with Brain Injury:

"My recovery has really been about reconciling who I was before my injury with who I am now."



Although changes following brain injury vary from person to person, most individuals with BI feel their identities have been changed in some important ways. Who you are now may seem to be different from who you were before your injury. This path, "Redefining My Self", asks you to compare who you were before your injury with who you are now.

You and your planning team will begin by identifying your interests and strengths, before and after your injury. Then you will look at your challenges and problems before and after your injury. Finally, you and your planning team will develop statements that describe who you are now. Your planning team's involvement in this step is important, since sometimes it may be hard for you to see all the different sides of yourself.



MAP 7: My Interests and Strengths

Introduction

In this map, you and your planning team will list what your interests and your strengths were before your injury and what they are now. You will want to include anything that you find uplifting, energizing, interesting or that you like about yourself.

Developing Map 7

- 1 Look at the example of MAP 7 provided below. It shows how Toby and the planning team developed a map of Toby's interests and strengths – **before** brain injury and **now**.

Map 7: Toby's Interests and Strengths	
Before BI	Now
<ul style="list-style-type: none">• Managed many projects at once• Enjoyed dancing• Lived in the country• Played guitar• Had a good-paying job• Played basketball• Was involved in many community projects	<ul style="list-style-type: none">• Dancing• Settling for less than perfection• Listening to music• Talking to my family• Being determined to make my life better• Appreciating more of the small things in life

- ② With your planning team, ask yourself the following questions before completing your own MAP 7:

Before my injury:

- What things interested me?
- What did I consider to be my talents and strengths?
- What aspects of my home life and work life did I enjoy most?

Now:

- What things interest me?
- What do I consider my talents and strengths?
- What aspects of my home and work life do I enjoy most?

- ③ Based on the responses you and your planning team made to the questions above, list your interests and strengths **before** your injury and **now**. Record MAP 7 on a blank sheet of paper, or you can use the map on the next page.



Map 7: My Interests and Strengths

Before BI

Now

MAP 8: My Challenges and Problems

Introduction

In this map, you and your planning team will list the challenges and problems you faced **before** your injury and those you face **now**. By “challenges”, we mean things about your life that are frustrating, boring, exhausting, problematic or annoying to you.

Developing Map 8

- 1 Look at the example of MAP 8 provided below. It shows how Toby and the planning team developed a map of Toby’s challenges and problems.

Map 8: Toby’s Challenges and Problems	
Before BI	Now
<ul style="list-style-type: none"> • Being a perfectionist • Finding it hard to say “no” • Never having time for myself • Giving my time and getting nothing in return • Feeling exhausted from being constantly on the go 	<ul style="list-style-type: none"> • Managing too much at once • Being unemployed • Gaining too much weight • Not being in the country • Coping with feelings of loss • Losing control of my life • Being as good a parent as I would like to be

- 2 With your planning team, ask yourself the following questions before completing your own MAP 8:

Before my injury:

- What was frustrating in my life?
- What about my life was exhausting?
- What annoyed me?
- What was boring?

Now:

- What in my life is frustrating?
- What is exhausting?
- What annoys me?
- What is boring in my life?

- 3 Based on the responses you and your planning team made to the questions above, list your challenges and problems **before** your injury and **now**. Record MAP 8 on a blank sheet of paper, or you can use the map on the next page.



Map 8: My Challenges and Problems

Before BI

Now

MAP 9: Who I Am Now

Introduction

In this map, you and your planning team will list as many statements as you want that describe who you are **now**. This map can help you and your team get a clearer understanding of who you are since your injury. Achieving your desired future will greatly depend upon how well your team knows you, and more importantly, how well you know yourself.

Before you and your planning team develop MAP 9, take the time to review your previous maps, particularly MAPS 5A, 5B, 7 and 8. All of these maps list some of what may define “Who I Am Now”.

Developing Map 9

- 1 Look at the example of Map 9 provided below. It shows how Toby and the planning team developed a map of who Toby is **now**.

Map 9: Who Toby Is Now

- I am a devoted parent.
- I am a person who wants to make life better for others.
- I consider life to be very precious.
- I am someone who cannot manage many things at one time.
- I am someone who enjoys working.
- I enjoy being with friends.
- I need to take frequent breaks.
- I enjoy quiet time, watching sunsets, etc.

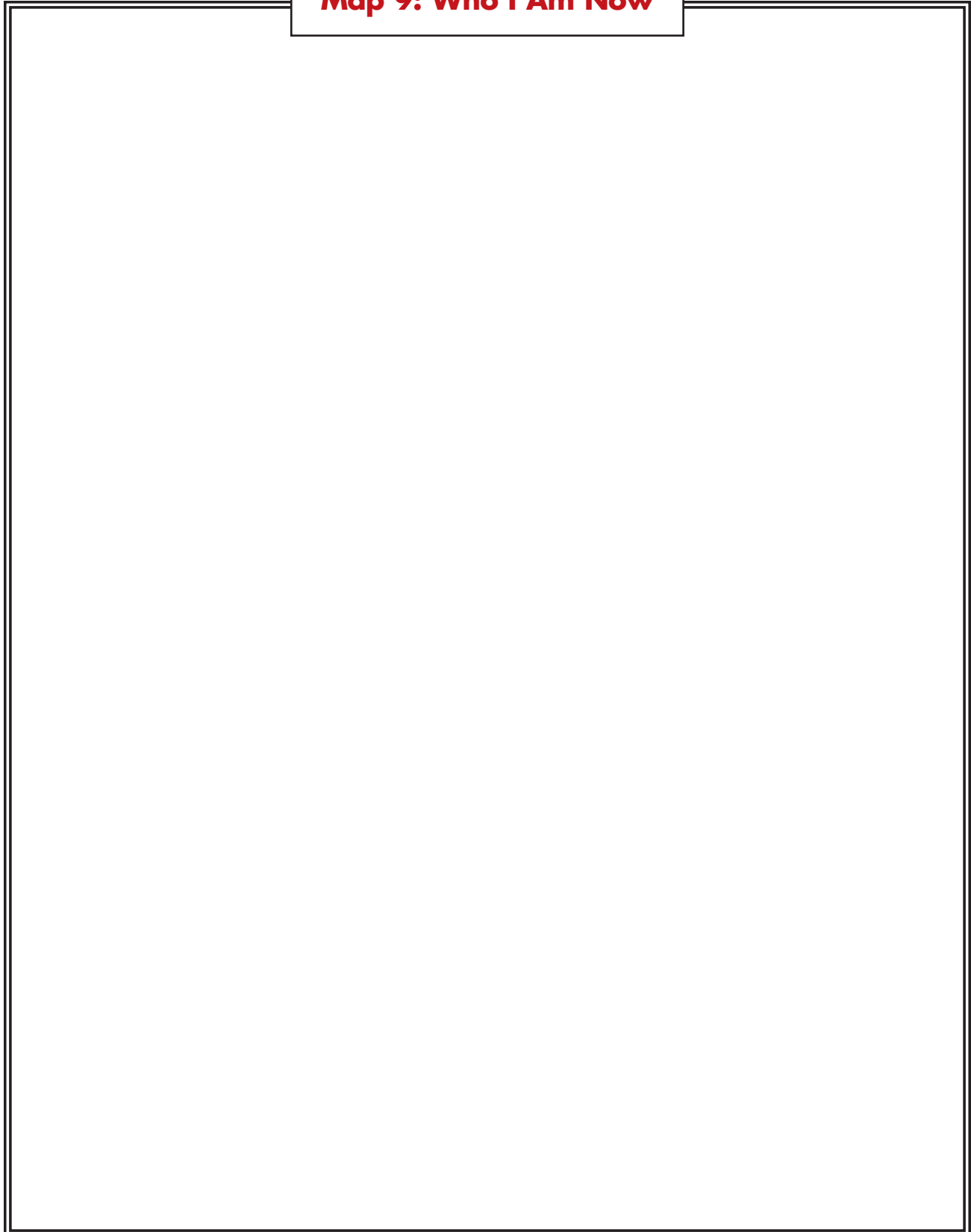
- 2 Ask yourself the following questions before completing your own MAP 9:

What is important to me now?

- Which of the strengths and problems (the things that work and don't work, which I have listed in previous maps) are themes in my life?
 - What do I want people to know about me?
 - How do I describe myself when I meet someone for the first time?
 - What gives me the most satisfaction?
- 3 Based on the responses you and your planning team made to the questions above, list as many statements as you can that describe who you are now. Record MAP 9 on a blank sheet of paper, or you can use the map on the next page.



Map 9: Who I Am Now



THE FOURTH PATH: Realizing My Vision

A Quote from a Person with a Brain Injury:

"I get applauded a lot for my listening skills and that's great... except I haven't listened to myself for far too long a time. In putting my life down on paper, I had to hear what I was saying and deal with it: I had to break down the barriers that kept me from getting where I want to be."



The first three paths of this workbook prepared you to travel this last path. Moving on with your life depends on your hopes, your relationships and a clear sense of who you are.

On this path, you and your planning team will define your vision of a positive future. Then you will create an action path for realizing your vision, and a list of who will be helping you accomplish each step in the plan. Finally, you will keep track of how things are going and will revise your action plan to keep moving on.

Map 10

My Vision

Map 11

My Action Plan

Map 12

**Keeping Track
and Keeping
Moving**

MAP 10: My Vision

Introduction

In this map, you will define a vision of your positive future based on your previous maps.

Before you and your planning team develop MAP 10, take the time right now to review your previous maps. These maps hold most of the information you and your planning team will need to complete MAP 10.

Developing Map 10

- 1 Look at the example of MAP 10 provided below. It shows how Toby and the planning team developed a map of Toby's vision.

Map 10: Toby's Vision

- I want to be an advocate for people with BI, to help improve life for all of us.
- I want to be the best parent I can be.
- I want to go back to school and eventually return to work.
- I want to lose a little weight.
- I want to feel connected to people again.
- I want to learn how to respect myself more.
- I want to be less concerned about what other people think.

- ② With your planning team, ask yourself the following questions before completing your own MAP 10:
 - Where would I like to live and with whom?
 - How do I see myself contributing to my family?
 - Can my relationships be improved?
 - What career or work would I be interested in pursuing?
 - What activities would I like to be doing?
 - How do I see myself contributing to my community?
 - What parts of my prior maps do I want to include in my vision?

- ③ Before doing this map, review all of the maps you have completed. Based on the previous maps and the responses you and your planning team made to the questions above, list all the parts that make up your vision of a positive future for you. Record MAP 10 on a blank sheet of paper, or you can use the map on the next page.



Map 10: My Vision

A large empty rectangular box with a double-line border, intended for drawing or writing. The box is positioned centrally on the page, below the title. It is currently blank, providing space for the user to create their vision map.

MAP 11:

My Action Plan

Introduction

In this map, you and your planning team will develop a list of the **first** actions you will take to achieve the vision you described in MAP 10. This will not be all the actions needed, just those that seem possible to do before the next meeting of your planning team.

For each action, you may want to identify at least one team member who will help you. Ultimately, though, this plan is yours, so be careful not to let other people take on responsibilities that you can handle yourself.

Developing Map 11

- 1 Look at the example of MAP 11 provided below. It shows how Toby and the planning team developed an action plan and identified who would help with each action listed.

Map 11: Toby's Action Plan	
<p>Action:</p> <ul style="list-style-type: none"> • Spend more time with my daughter Alexa • Call Jones College and request a catalog • Find a Weight Watchers group to join • Go to a social event at church • Find a counselor and/or support group in my area that specializes in assertiveness training • Find out about groups that advocate for people with BI 	<p>Helpers:</p> <p>Toby</p> <p>Toby</p> <p>Nancy</p> <p>Daniel & Toby</p> <p>Dr. Baker</p> <p>The Team</p>

- 2 With your planning team, ask yourself the following questions before completing your own MAP 11:
- Which parts of my vision are most important to me?
 - What actions can I and my team take now to help bring about each part of my vision?
 - Who might be able to help me?
 - Are there some actions that I need to break down into smaller, easier parts?
 - Are there some actions that I could take without much effort?
 - Are there any actions from MAP 6 that I want to include in my action plan?
- 3 Based on the responses you and your planning team made to the questions above, list actions you can take right now to move on with your life. Be sure to identify both the actions to be taken and the “helpers” – yourself, a member of your team, the whole team or someone else. Record MAP 11 on a blank sheet of paper, or you can use the map on the next page.



Map 11: My Action Plan

Action:

Helpers:

MAP 12: Keeping Track and Keeping Moving

Introduction

In this map, you and your planning team will keep track of what worked and what didn't work in your initial action plan. You will also develop strategies to keep moving.

From now on, each time you and your planning team meet, you will make a new MAP 12. You will list the actions that worked and the actions that didn't work since your last meeting. Then you will list any actions you are continuing to work on and any new actions that you and your team want to add.

Developing Map 12

- 1 Look at the example of Map 12 provided below. It shows how Toby kept track of the action plan, a part of keeping moving.

Map 12: How Toby is Keeping Track and Keeping Moving	
What Worked <ul style="list-style-type: none">• Alexa and I went hiking.• College catalog is being sent.• Dr. Baker sent me information on assertiveness training.	What Did Not Work <ul style="list-style-type: none">• Not much information was found on BI advocacy groups.• I felt "left out" at the church social.• Nancy did not call Weight Watchers.
My Plan to Keep Moving <ul style="list-style-type: none">• I will review the college catalog to see what courses interest me.• Nancy and I will try to find a Weight Watchers group this week.• I will sign up for the assertiveness training group.• Everyone will continue looking for information on BI advocacy.• I will try another activity at church with Daniel.	

- 2 Ask yourself the following questions before completing your own MAP 12:
 - Which of my action steps went well?
 - Which of my action steps did not go well?
 - What action steps should be continued and built upon?
 - What new action steps should be added?
 - Are there any revisions that need to be made to my vision, based on what I and my team have learned from working on my action plan?

- 3 Based on the responses you and your planning team made to the questions above, list the actions that worked, those that did not work and your plan to keep moving. Be sure to identify new actions to be taken as well as those to be continued. Also, list any and all “helpers” needed for each action. Record MAP 12 on a blank sheet of paper, or you can use the map on the next page.



Map 12: Keeping Track and Keeping Moving

What Worked

What Did Not Work

My Plan to Keep Moving

Keep Moving On

This does not end **Personal Futures Planning**. One way to keep moving on is to continue to meet with your planning team and repeat MAP 12 for as long as you need to reach your vision.

You might want to make extra copies of MAP 12. You may want to review all the other maps you have made to see if you want to add to or change your vision. Your vision and action plan can be changed to adapt to changes in your life.

Keep moving on, “with a little help from your friends” (your planning team), to a better future and a better life!

Good Luck!

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