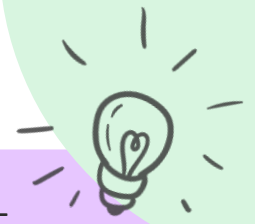




### A DAY WHERE YOU FEEL VALUED

Participation in your community increases confidence and a sense of belonging. It enables personal growth, pursuit of goals and positive contributions to community.



### A DAY YOU CHOOSE

Daily life is guided by your values, hopes, dreams, choices and aspirations and reflected in your:

- Employment and Careers
- Community Living
- Safety and Security
- Personal and Social Relationships
- Spirituality
- Healthy Living



## PLANNING FOR A MEANINGFUL LIFE

### A DAY THAT CHANGES WHEN YOU DO

Planning is complicated and changes over time, as you learn and grow. Include the people you trust, explore lots of things and learn from them. Use planning tools and revisit them often.



### A DAY DRIVEN BY YOU NOT PROGRAMS

A meaningful life is not a program. Evaluate activities based on their purpose, value, skill building, opportunities to contribute to community and the support available to you.



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