

# A Job You Want Equals The Life You Want

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# Self-Determination AND SELF-ADVOCACY



Freedom

Pride

Empowerment



**You are your own Expert**  
**You know best what you want and need in life**



**Positive Self-Talk**  
**You are what you think**



**Build on your Strengths**



**Learn to know what you want  
and how to get it**

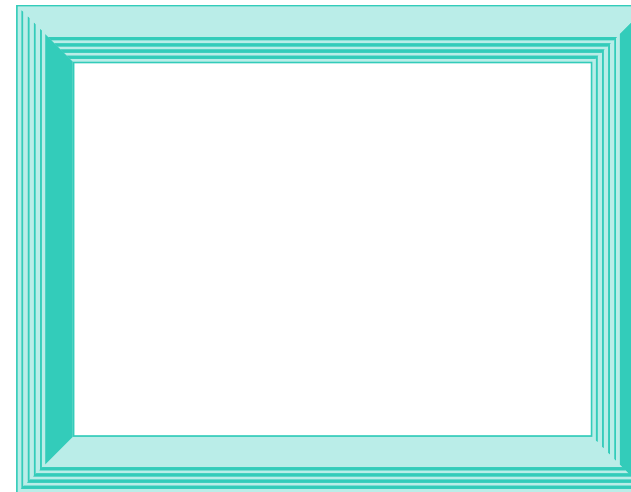
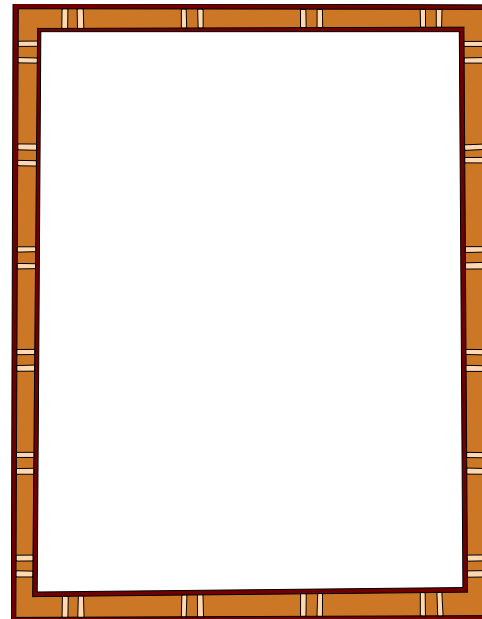
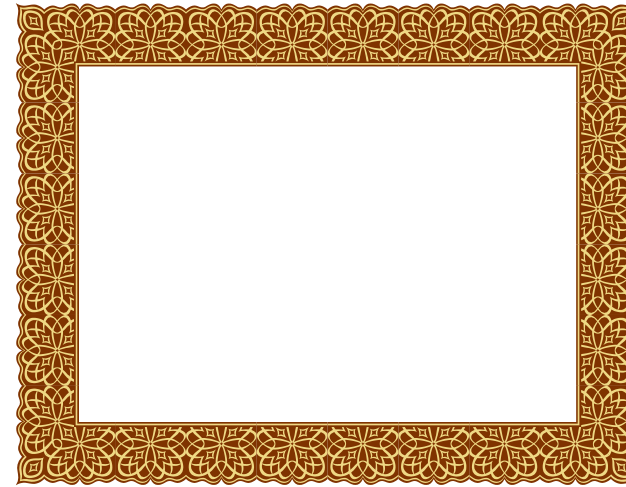
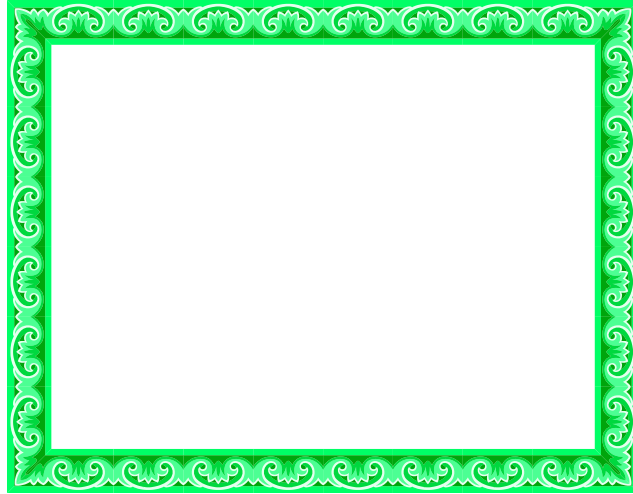
# My Life



Add a photo here!

Name

# My Favorite Things....





What I am good at?

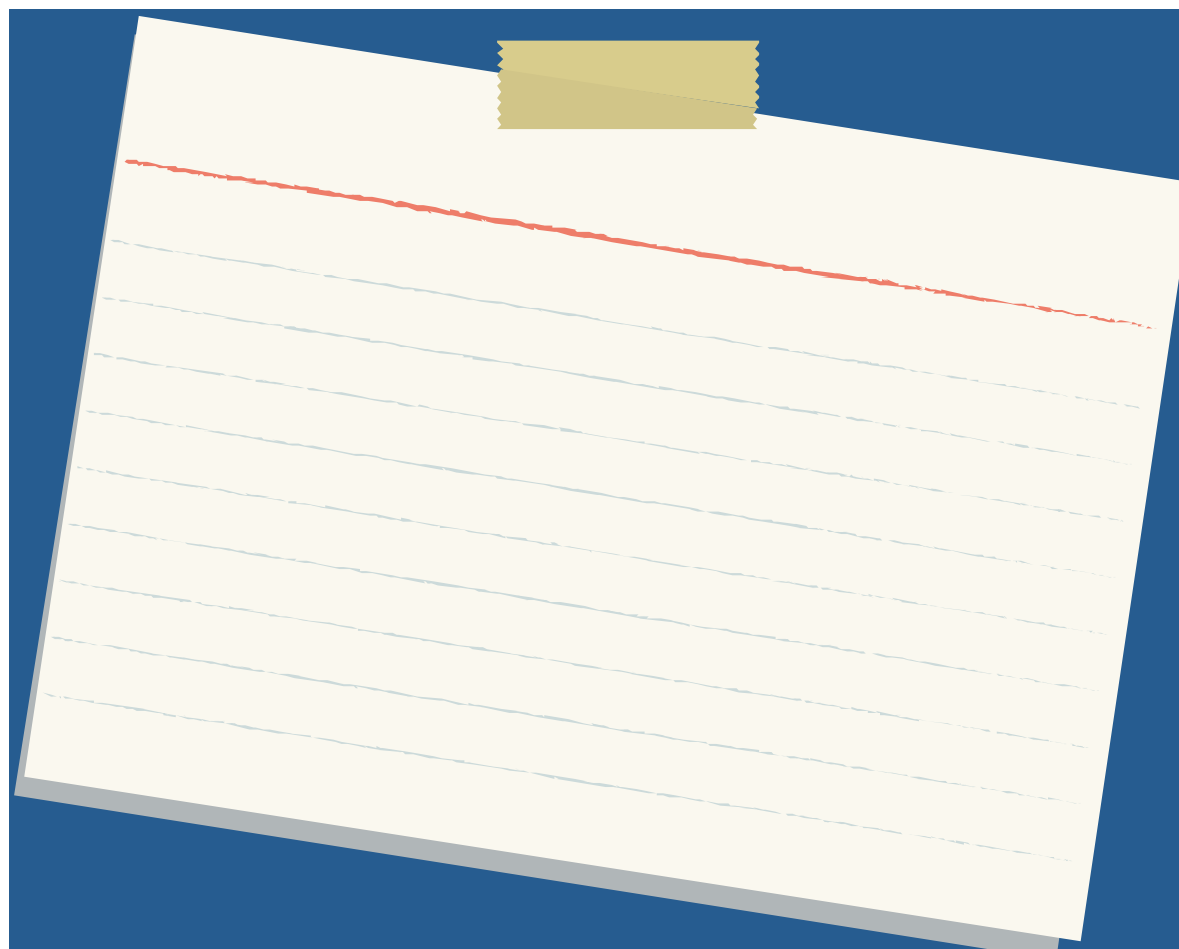


# Things I want to learn or work on?





# My Goals!



# Who can help or support me?



# My Action Plan

*Step 1     Decide what is wanted or needed clearly and simply.*

What I want/need \_\_\_\_\_

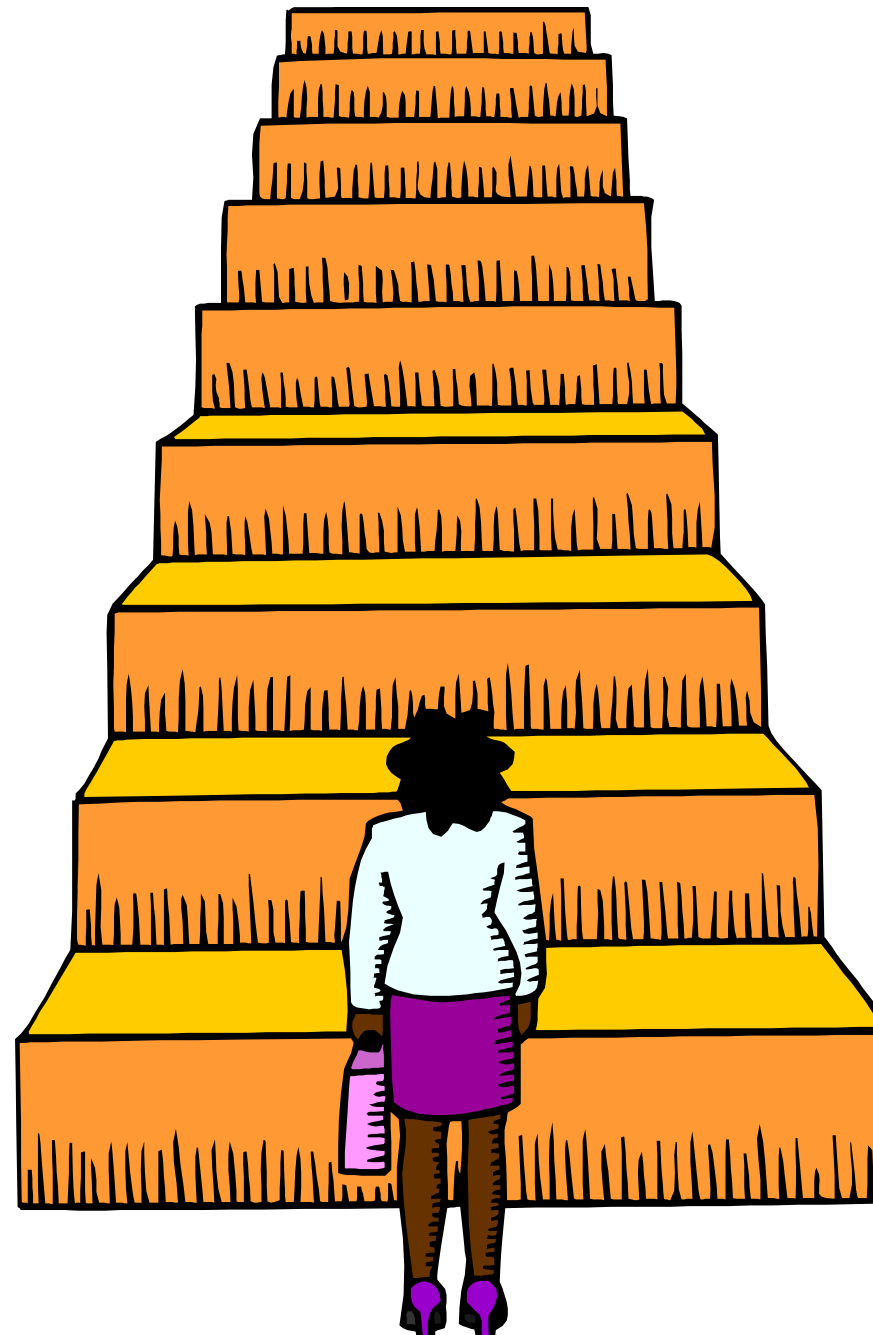
*Step 2     Gather Information*

What Needs To Be Done	By When	What Can I Afford	Who Can Help

Remember things may change along the way.



**Believe in Yourself**



**Take it one step at a time**