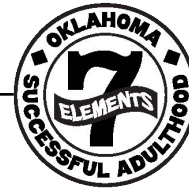




Plan for My Future

OKLAHOMA SUCCESSFUL ADULTHOOD



Plan for My Future

All About Me

My name is _____

My birthday is _____

Some things I'd like to get for my birthday are _____

My favorite food is _____

My favorite color is _____

My favorite musical artist is _____

My favorite movie is _____

My e-mail address is _____

My most important relationships are with:

Name _____ Relationship to me _____

Name _____ Relationship to me _____

Name _____ Relationship to me _____

Name _____ Relationship to me _____

Name _____ Relationship to me _____

You should know this about me _____

My greatest strengths are _____

The things that challenge me most are _____

More stuff about me _____

VISION STATEMENT

A vision statement is a simple sentence or short paragraph that states where you think you'll be in the future, what you would like to achieve or accomplish. Think about yourself at age 18 or beyond. In the space below write a statement that describes what you would like your future life to look like.

My Vision Statement is:

PERSONAL SAFETY PLAN

A safety plan is an agreement between you and your adult care providers. The plan outlines actions you can take when you are feeling unsafe or if you feel you are losing control. The safety planning process is driven by you. The role of the adults is to support you in identifying an activity or activities you can use to help you regain balance. Keep in mind your list should consist of activities that are easily accessible in relation to where you live. Maybe you like to read, draw, listen to music, play a video game, make a phone call, or take a short walk. Whatever you choose to add to your plan, your choices should be those that are easy to request and act upon. Most importantly, your safety plan should be just that -- safe. Once you have completed your safety plan, you should share it with all the important adults in your life. The plan you develop should work for you in a number of different settings and situations.

My Personal Safety Plan(s) is:

INSTRUCTIONS

Developing Your Plan

1. **Review your life skills assessment.** For any question that you marked “No” or “Not Sure,” add a “Thing I need to do” under the matching Element that will help you change that response to a “Yes.”
2. **List your goals.** Look at each of the 7 Key Elements on your plan and decide what your goals are for each element. Knowing where you are now and where you hope to be, begin listing "to dos" under each goal. A few examples you might use under the Education element are:
 - a. I will get a tutor, if needed.
 - b. I will take my ACT.
 - c. I will not miss school unless absolutely necessary.
 - d. I will complete all my assignments.
3. **Identify supportive adults to help you.** This could be your foster parent, a relative, your case worker, CASA, mentor, etc. Just make sure you identify a person or people who can help you in achieving your goals by working with you on completing your "to dos."
4. **Advocate for yourself!** This is your plan, and making sure your voice is heard is very important in this process. While the supportive adults that are helping you will offer you good advice and opinions, do not be afraid to speak up for what you want. Just keep in mind that many times we all have to do things whether or not we want to. The adults involved in the planning process are there to help you by reminding you of the things that have to be done in order to reach your goals.

INSTRUCTIONS

Working Your Plan

1. **A plan isn't a plan if you don't use it!** Set aside some time each week to look at your plan and decide if there's something you can work on.
2. **Updates are notes to yourself and others about what you've done.** Sometimes an update is "I haven't had time to work on this." Sometimes updates are details about how you completed something, for example, "I took a first aid and CPR class at school on November 12, 2015." Be sure to make update notes to help you remember where you are in working your plan.
3. **End dates are important.** When you complete something, be sure to fill in an End Date. This will be a great way to show judges, your case worker, your family, and other people you're working with all the ways that you're working to gain independence.
4. **Meet with your worker and/or other adult partners at least once a month.** Sit down together and review the updates to your plan. Your worker will update your case file and court report. This is how people can see the progress you're making. Talk about the plan with your judge when you go to court.
5. **Remember don't delete anything from your plan.** Even if it's something you decide you don't need to do, just end date it. You never know when you might change your mind! Your plan to transition out of care should be a big plan. It will grow over time and you'll be able to track your progress toward independence.
6. **If you need help with your plan or have questions,** talk to your worker, or e-mail us at oksa@ou.edu. We're happy to help!

My



plan is:

| Things I Need to Do: | Who Will Assist Me? | End Date |
|----------------------|---------------------|----------|
| 1. | | |
| UPDATES: | | |
| 2. | | |
| UPDATES: | | |
| 3. | | |
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| 10. | | |
| UPDATES: | | |

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