

Dreams and Aspirations Module

My Companion — Persons with Disabilities

Name: _____

Date: _____

This page is your companion for the activities that your facilitator is running today. Use it in whatever way works best for you, typing, dictating, or asking someone to help you fill it in. Nothing here is graded, and there are no wrong answers.

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Future Deck

MANDATORY

WHY THIS HELPS YOU

- Whenever you feel unsure about a decision, learning a new skill, joining a community activity, or finding meaningful work, ask yourself which option on your grid it moves you toward. Revisit your choice once a month, if it still excites you, keep going, if it doesn't, that's normal, pick a new one.
- You don't need to know your entire future today. Having a sense of what you're moving towards is often more valuable than having every step planned out, and telling someone close to you what you chose makes it more real.

WHAT TO DO

Look at the grid below.

Choose the ONE option that excites you most, in whatever way works for you: tick it, or tell someone to mark it for you.

Share your answer to the question underneath, in whatever way works best for you.

☐ Meaningful work	☐ Independence in daily life	☐ Getting around freely
☐ Health and wellbeing	☐ Friendships and relationships	☐ Being part of a community
☐ Learning new skills	☐ Creativity and hobbies	☐ Having my voice heard
☐ A stable, comfortable home	☐ Being recognised for my abilities	☐ Fun and play
☐ Write your own: _____	☐ Write your own: _____	☐

If this became part of your life, what would be different?

WHY THIS HELPS YOU

- Notice who in your life already gives you 'Resource Cards' without knowing it, a friend, a family member, a support worker who checks in, and thank them this week. When someone shares something they're working toward, try giving them one specific strength you see in them.
- You don't have to figure everything out alone. Every dream needs different kinds of support, it's about recognising what resources, people, and strengths will help you move forward.

WHAT TO DO

Your facilitator will guide the group through giving each other Resource Cards: Encourager, Connector, Planner, Idea Generator, Listener, and Doer.

When someone gives your dream a card, note it below in whatever way works best for you.

Strength(s) I received

One reason someone gave that I want to remember

WHY THIS HELPS YOU

- When your plan hits a wall, try asking 'whose dream or plan could connect with mine here?' instead of assuming there's only one path forward. Look for one person this month whose goals overlap with yours, even a little, and find one small way to team up.
- Your direction isn't only about what you achieve for yourself. Your dreams can create opportunities for others, just as theirs can create opportunities for you.

WHAT TO DO

As a group, connect everyone's dreams into one story, chain, or documentary, whichever your facilitator chooses. You can contribute by speaking, drawing, pointing, or choosing pictures.

Use the sentence starters below to note how YOUR dream connected to someone else's.

STUCK? TRY THIS — SENTENCE STARTERS

- One dream that could help another dream happen is ____, because ____.
- If ____ happened first, it would make ____ easier.
- These two dreams connect because they both need ____.
- Here's one way all of these dreams could happen at the same time: ____.
- "Yes, and..." — take whatever was just said and add to it, instead of shutting it down.

One dream that could help mine happen is ____, because ____

These two dreams connect because they both need ____

WHY THIS HELPS YOU

- Put your declaration somewhere you'll actually see it, your phone lock screen, a mirror, a notebook cover, not just on the worksheet. Break your first action this week into something small enough to do in under 15 minutes.
- A direction only becomes real once you take a first step. At the end of each week, reread your declaration and ask 'did I move toward this, even a little?'

WHAT TO DO

Sit with this for a moment: what matters to you? What kind of person do you hope to become?

Share your declaration below, in whatever way works for you.

Choose one small action you'll take this week.

What matters to you?

What kind of person do you hope to become?

My Declaration: Something I'm working toward is...

My first action this week