

# Good Life Plan

What I like  
and what I don't like

Do this with me  
as you would wish it for yourself

Written by me  
and my plan chaser

My name:

Who completed this with me

Date completed:

---

Rod Cragg  
Jane Nix

C.Psychol. AFBPsS  
Quality Manager RNLD, Dip. Nursing studies

## CONTENTS

	Page
How to do it	3
People and how I like them to be	4
Food, drink, possessions and appearance	5
Other activities, leisure and hobbies	6
Types of places	7
My routine each day	8

### How to do it

Remember to use the picture booklet 2 as well as this written one

We need to find out what I like and what I don't like. I will only share a copy of this booklet with people who know me really well. Anyone else who thinks they need to see it will have to ask me first. There are lots of ways to find out what I like and dislike, here are some of them,

Ask me, talk to me, show me photos, draw things for me.

Asking someone who knows me really well first may help when we chat about my activities. We can then ask other people who know me. You can join in and watch me do an activity to see what I like and how I feel about it. We may want to try new things or try things that might not have worked but I may like if done in a different way, as long as I say this is OK. I may share with you my diary or reports people have written about my activities. You may have a list of suggestions that other men and women my age like to do.

You will know what I like if I appear happy and content when I get it or do it. I may appear unhappy or anxious when it stops or if I am unable to get it.

I may show I like something by doing it for several minutes or more.

You will know I don't like something if I avoid it, push it away, ignore you or show behaviours that you may not like.

When we write down what I like and don't like we will make sure it is clear so that people know what we mean.

Then we write down ideas on new wants and needs. These are what I want to happen more or what I want to start or what I want to stop. Later, when we use **booklet 4, me, my wants and needs**, we will copy these.

Note: We do not have to write in booklet 2. We can make our own notes and keep them safe

**People and how I like them to be**

The important things to know

I like

I don't like

People and how I like them to be  
New wants and needs:

I want this to happen more

I want this to start

I want this to stop

## Food, drink, possessions and appearance

The important things to know.

I like

I don't like

Food  
and drink

Possessions

Appearance

Food, drink, possessions and appearance

New wants and needs:

I want this to happen more

I want this to start

I want this to stop

**Other activities  
leisure and hobbies**

The important things to know.

I like

I don't like

In and around  
the house

Away from  
the house

Other activities, leisure and hobbies:

New wants and needs:

I want this to happen more

I want this to start

I want this to stop

## Types of places

The important things to know.

I like

I don't like

## Types of places

New wants and needs:

I want this to happen more

I want this to start

I want this to stop

### **My routine each day**

The important things to know

I like

I don't like

When I wake up:

Breakfast:

Morning:

Lunchtime:

Afternoon:

Teatime/Dinner:

Evening:

Bedtime:

Saturday:

Sunday:



**My routine each day**

New wants and needs:

I want this to happen more,      I want this to start,      I want this to stop

When I wake up:

Breakfast:

Morning:

Lunchtime:

Afternoon:

Teatime/Dinner:

Evening:

Bedtime:

Saturday:

Sunday:

