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THE LIFE I WANT

My disability, my choices, my future - bringing the whole series together around the life that matters
to me

NEW DISABILITY WORKBOOK SERIES - BOOK 20

This workbook belongs to:

This final workbook is not about becoming less disabled. It is about identifying what matters to you, what makes life more accessible, what support protects your choices, and what you want more of in the future.

1. Welcome to the Final Workbook

You have explored needs, access, communication, energy, independence, identity and choice. Now the focus is the bigger picture: what kind of life fits you?

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

2. What Matters to Me?

Values can guide decisions when there is no perfect option.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

3. My Good-Life Ingredients

A good life is usually made from ordinary ingredients, not one giant achievement.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

4. More Of / Less Of

Sometimes a future vision is easier to build by noticing direction.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

5. My Accessible Home Life

Imagine home working with your body, senses, communication and routines.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

6. My People

Think about relationships that feel safe, reciprocal and accepting.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

7. My Community

What would make it easier to participate in the world outside home?

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

8. My Communication Future

What would make it easier for your voice to shape your life?

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

9. My Sensory Future

Design environments around your sensory reality rather than constant endurance.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

10. My Energy Future

What would change if your energy were treated as something worth protecting?

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

11. My Independence Future

Independence can mean directing support, making choices and doing meaningful things your way.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

12. Work, Learning & Purpose

Purpose can include paid work, study, volunteering, creativity, caring, interests and community participation.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

13. Fun Is Part of the Plan

A future plan should contain things that are enjoyable for their own sake.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

14. Rest Is Part of the Plan

Recovery and low-demand time are infrastructure, not wasted space.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

15. What I Want Support to Make Possible

Support should create access to life, not only complete tasks.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

16. Things I Want to Stop Fighting

Some energy may be better spent changing the environment than fighting yourself.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

17. My Boundaries for the Future

Boundaries protect capacity, privacy, dignity and choice.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

18. My Future Accessibility Wish List

Think beyond what is currently available.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

19. What I Want People to Understand About Me

Create a clearer story than a list of deficits.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

20. My Strengths in Real Life

Strengths include ways you adapt, notice, communicate, persist, create and connect.

What is true for me now?

What would I like more of?

What would make this more accessible?

What support, adjustment or boundary would help?

One small possibility I want to keep open:

21. My Support Network Map

Know who can help with different parts of life.

Area	Who / what can support me	What I want from that support
Everyday life		
Healthcare		
Communication		
Practical / admin		
Work / learning		
Community / social		
Advocacy		

22. My Next 30 Days

Small changes can make life fit better now.

Small change	Why it matters	First step

23. My Next 6 Months

Choose direction without demanding certainty.

Area	Direction I want	Support / access needed
Home		
Relationships		
Community		
Work / learning		
Health / wellbeing		
Fun / interests		
Independence		

24. My Longer-Term Possibilities

Possibilities are not promises. You can dream without turning every idea into an obligation.

A place I might like to live or spend time:

Something I might like to learn or create:

A relationship or community possibility:

An experience I would like to have:

A support or access possibility that could change my life:

25. My One-Page Life Plan

Bring the most important parts together.

What matters most to me	
What I want more of	
What I want less of	
How I communicate and make choices	
Access / support I need	
What protects my energy and wellbeing	
My next small step	
A future possibility I want to keep open	

26. My Personal Manifesto

My life does not need to look conventional to be meaningful.

I want my choices respected about:

I want access to:

I want support to help me:

I want to protect:

I want to make more room for:

I want my future to feel:

27. Letter to My Future Self

Write something future you should remember about your needs, progress, values, hopes or the life you are building.

28. My Series Reflection

Look back across the disability workbook series and keep what was useful.

I learned...	I want to keep...
I want to change...	I want others to understand...

The Life I Want

I am allowed to build a life around access, support, rest, communication, joy and choice.

If I could describe the life I want without worrying about what other people expect, I would say:

The smallest thing I can do next to move in that direction is:

Notes

This workbook is a general disability-focused reflection, planning and self-advocacy resource. Goals and future plans should reflect the individual person's choices, circumstances, access needs and capacity. Some goals may benefit from personalised professional, financial, legal, healthcare, education, employment, housing or social-care advice.

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