MANAGING RISK WITHIN MY LIFE : MY PLAN

GETTING OUT — CAFE

AT HOME

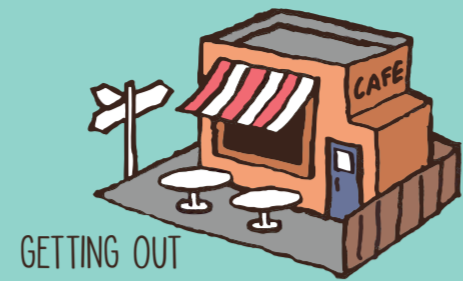MEETING UP

This plan can help a person keep track of how a risk plan develops. Before a case conference the person with support can fill in the sun burst at the right with their values, goals and dreams then work through the column at the left about how they problem solve. Together this surround can set the context for risk planning during the case conference using the steps inside the arrow. The boxes at the bottom can be used to reflect and change some of the steps as time goes by.

My experience solving problems:

What I'm good at:

People and things that help me:

Challenges and things I'd like to do better:

Things that are unhelpful:

My plan:	My plan:	My plan:	
My back-up:	My back-up:	My back-up:	
How I know it's working:	How I know it's working:	How I know it's working:	
My plan:	My plan:	My plan:	
My back-up:	My back-up:	My back-up:	
How I know it's working:	How I know it's working:	How I know it's working:	
My plan:	My plan:	My plan:	
My back-up:	My back-up:	My back-up:	
How I know it's working:	How I know it's working:	How I know it's working:	

Tried:	Learned:	Tried:	Learned:	Tried:	Learned:
Pleased:	Concerned:	Pleased:	Concerned:	Pleased:	Concerned:

NOW

Changes I would like to make

IN A FEW MONTHS

Changes I would like to make

IN SIX MONTHS

My values:

THE FUTURE I WANT:

My dreams:

My goals: