

Lets make 2025 Awesome

FOCUS: Connections in Community

...I'm too cool to keep to myself and I have a lot I can do for others...

I like

- ♦ Being with people & making friends—going on adventures, eating out, helping others, and being a part of a group at church
- ♦ Listening to music (Jeremy Camp is my favorite), watching movies and YouTube
- ♦ Trying new things & going to new places

Works for me

- ♦ Routine schedule's (know what to expect)
- ♦ Support to find balance in what I eat, how I exercise, what I wear, where I go, and how I spend money
- ♦ Adventure—trying new places, exploring new things and making new friends
- ♦ Supported decision-making—help me get the information I need to make a decision (are there risk's, could this hurt me, etc.)



I don't like

- ♦ To be bored/lonely— I like to be with people!
- ♦ To be treated like a kid because I have a disability—I am so much more than that
- ♦ To only have opportunities to be with other people that have disabilities (I really like to be with all sorts of people)

Does Not work for me

- ♦ To have people treat me like I can't make my own decisions (I am the boss of me)
- ♦ Setting a low bar— I get stuck in a rut and don't try if I have low expectations

Skills

- ♦ Dependable, reliable, always on time—I never call out
- ♦ Fold pizza boxes, wrap and label food, food prep, stock shelves/refrigerators, wipe high touch points & tables

MY GOALS:

1. Get to know my community and make friends.
2. Get out more and try new places.
3. Get a new job—restaurant, market, i.e food.
4. Find a way to serve (food bank, homeless, etc.)
5. Continue to take care of myself (eat well, get enough sleep, and exercise.