





**Your vision is a  
statement of what you  
want your life to be  
like in the future.**



# INTRODUCTION

Entering adulthood and leaving high school are big steps that will bring changes to your life. While the change can feel scary or overwhelming, it can also be exciting to explore your future options and opportunities to create an adult life that is meaningful and fulfilling to you!

Your school will help you plan for life after high school - this is called **Transition Planning**. This process helps you explore your options for after high school and take steps towards an adult life that fits your goals, interests and needs.

If you have an Individualized Education Plan (IEP), a **Transition Planning Form (TPF)** will be included in your IEP starting at age 14. This is where transition planning will be documented.



The IEP and TPF contain important information about transition planning including:

- *Your vision statement for your future*
- *Your support needs*
- *The action plan at school to help you reach your vision.*

**The first step in transition planning is creating your vision statement.**

This workbook helps you think about different areas of adult life to include in your vision statement and create a great vision statement that reflects what you want in life. Let's get started with creating your vision!





# How to use the Workbook

**This workbook can help you create a vision statement about your future.**

Completing the workbook can help you to self-reflect and think about your goals in different areas of life - see the 'Areas of Life' section.

## Areas of Life

1. High School
2. Further Education
3. Employment
4. Housing
5. Well-Being
6. Independent Living Skills
7. Hobbies
8. Relationships

Complete all sections of the workbook that are relevant to you and at the end you will have created YOUR vision statement! You can complete this workbook independently or with the support of family and/or school.



**Write in the  
boxes where you  
see this symbol**



**REMEMBER:** as you get older you will learn new skills and your interests, goals and dreams may change. This means your vision statement will change and you can update it as much as you would like.



# About Me

**Before writing your vision statement lets reflect on who you are. This will help you make decisions about your future!**

**Think about your likes and dislikes.** What do you enjoy and not enjoy doing at home, school and in the community. Areas to think about include extra-curricular activities, hobbies, school subjects, types of assignments, who you spend time with etc.

Likes



Dislikes



**Think about your strengths and challenges.** What are you good at and what do you struggle with or need to practice. Areas to think about include extra-curricular activities, school subjects, communication skills, household tasks etc.

Strengths



Challenges



# High School



**This section is about your high school goals.** Think about what you would like to accomplish before leaving high school. **Example goals:**

- Taking a class e.g., *study-to-work, music, engineering, art* etc.
- Trying an extracurricular activity e.g., *music, art, swim classes* etc.
- Taking an exam e.g., *MCAS or MCAS Alt.*
- Practicing social skills e.g., *handling disagreements, making friends, etc.*
- Vocational training e.g., *internship, practicing interviews, exploring different jobs* etc.
- Life skills practice e.g., *budgeting, travel training, grocery shopping* etc.

**Add your high school goals to the spider diagram below** (you can add more lines if needed):.



**VISION SENTENCE**



# Further Education



**This section is about your further education goals.** Think about what you would like to learn or study after leaving high school. **Example goals:**

- Area of study e.g., computer science, graphic design, carpentry, culinary etc.
- Program type e.g., 4-year, 2-year or community college, trade school, online class etc.
- College application skills e.g., resume building, practicing interviews etc.
- College disability services e.g., enroll in disability services & learn about supports etc.
- Navigating the campus e.g., independently get to classes etc.
- Campus engagement e.g., join a club, get an on-campus job, attend campus gym etc.

**Add your further education goals to the spider diagram below:**



**VISION SENTENCE**



# Employment



**This section is about your employment goals.** Think about what type of work you would like to do in the future. **Example goals:**

- Industry of interest e.g., education, healthcare, arts, engineering, retail etc.
- Jobs of interest i.e., are there jobs you are interested in doing or learning about?
- Work environment e.g., in-person or remote, active or desk job etc.
- Work tasks you enjoy e.g., organizing, interacting with people, creative tasks, etc.
- Vocational training e.g., internship, practicing interviews, job exploration etc.

**Add your employment goals to the spider diagram below:**



**VISION SENTENCE**





# Housing



**This section is about your housing goals.** Think about where you would like to live and who you would like to live with in the future. **Example goals:**

- Who to live with e.g., *alone, with family members, friends, or a romantic partner etc.*
- Type of housing e.g., *house or apartment, renting or owning property etc.*
- Location e.g., *state, town, neighborhood, proximity to work or school etc.*
- Amenities e.g., *washer & dryer, parking, allows pets etc.*
- If or when you would like to move homes e.g., *after college, when employed etc.*

**Add your housing goals to the spider diagram below:**



**VISION SENTENCE**



# Well-Being



**This section is about your well-being goals.** Think about who and what will help maintain your physical and emotional well-being. **Example goals:**

- Eating healthy e.g., *learn to cook healthy meals, eat a balanced diet etc.*
- Sleep routine i.e., *how many hours of sleep per night, establish a night routine etc.*
- Physical exercise i.e., *frequency and type of physical exercise etc.*
- Seek medical and mental health care e.g., *attend routine medical appointments etc.*
- Identify support network i.e., *who will you go to for help, and advice etc.*
- Managing stress e.g., *relaxation techniques, talk to a trusted adult, hobbies etc.*
- Developing self-advocacy skills e.g., *learn to identify needs, ask for help etc.*

**Add your well-being goals to the spider diagram below:**



**VISION SENTENCE**



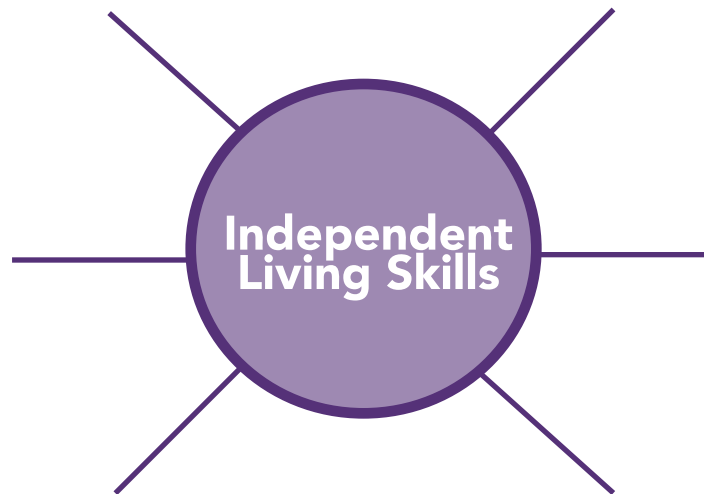
# Independent Living Skills



**This section is about your independent living skills goals.** Think about what skills you would like to learn to become more independent. **Example goals:**

- Managing household e.g., laundry, washing dishes, taking out the trash etc.
- Cooking e.g., reading a recipe, safety in the kitchen, cooking techniques etc.
- Shopping e.g., groceries, toiletries, clothes etc.
- Traveling e.g., public transportation, riding a bike or driving.
- Managing finances e.g., managing a bank account, purchasing items etc.
- Managing healthcare e.g., booking appointments, taking medications etc.
- Safety awareness e.g., who to call in an emergency, basic first aid etc.

**Add your independent living skills goals to the spider diagram below:**



**VISION SENTENCE**

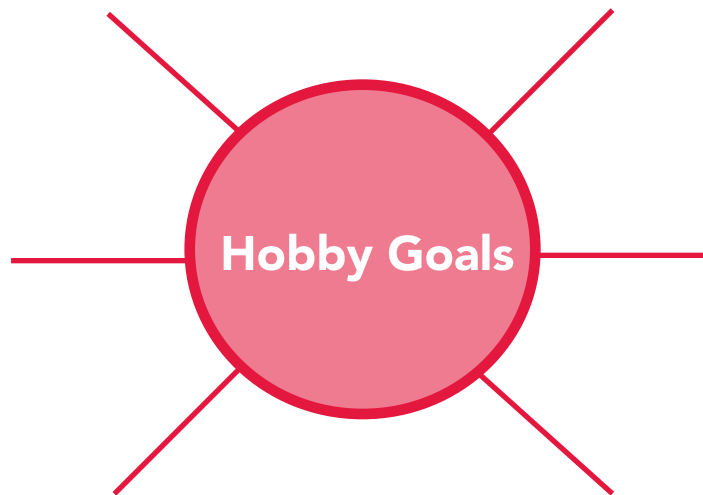


# Hobbies

**This section is about your hobby goals.** Think about what you like to do for fun and new hobbies you would like to try. **Example goals:**

- Activities you do now that you would like to continue e.g., *school extra-curriculars*.
- Join a new club e.g., *music, art, swim, sports* etc.
- Join a social or support group e.g., *virtual or in-person*.
- Start a new hobby e.g., *woodworking, knitting, coding, gardening, reading* etc.
- Places you would like to visit e.g., *museums, parks, sports games, theater* etc.
- Taking a class e.g., *online, at a community center or library* etc.

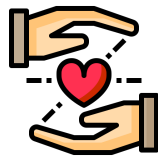
**Add your hobby goals to the spider diagram below:**



**VISION SENTENCE**



# Relationships



**This section is about your relationships goals.** Think about what relationships are important to you and what new ones you would like to develop. **Example goals:**

- Maintain childhood friendships e.g., *with who and what will you do together etc.*
- Make friends e.g., *friends with shared interests, make friends with work colleagues etc.*
- Strengthen relationships with family members e.g., *see certain family members more, show them appreciation, help them understand you more etc.*
- Find a mentor e.g., *what type of guidance, in what setting and how often etc.*
- Find a romantic partner e.g., *start dating, take a sex education class etc.*

**Add your relationship goals to the spider diagram below:**

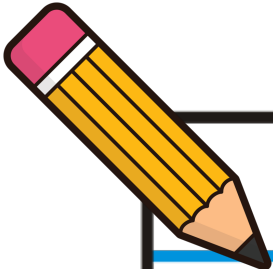


**VISION SENTENCE**



# Write Your Vision Statement

Now it is time to combine all of your vision sentences from this workbook into one complete vision statement!

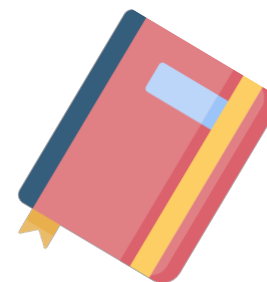


A large rectangular writing area with a black border. It features a vertical red margin line on the left side. The rest of the area is filled with horizontal blue lines for writing. There are two small black dots on the left side of the writing area, one near the middle and one near the bottom.

# WHAT NEXT?

Now that you have completed your vision statement, the next step is to **ask your school to add your vision statement to your IEP.**

Your school will complete the other transition planning parts of your IEP, including the Transition Planning Form (TPF). This includes your **support needs** and **action plan for reaching the goals in your vision statement.** If you would like to discuss the information on the TPF, speak with your family and school.



If you would like to be more involved with your **transition planning in school** think about the following questions in relation to your vision statement and discuss with your family and/or school:

- What **skills** do I need to learn or improve to reach my goals?
- What **information** do I need to reach my goals?
- What **experiences and opportunities** will help me reach my goals?
- **Who is going to help** me reach my goals?
- What **additional supports** do I need to help me reach my goals?

**Congratulations for thinking about your future goals and creating your vision statement!**



# Resources

**Individualized Education Plan (IEP) & Transition Planning Form (TPF)**



**Department of Secondary Education Services (DESE) Transition Planning**

