

# Transition Planning Worksheet

## **Self-Determination:**

1. **Who am I?** (Write down several words that describe you. Ask friends and family to describe you using only one or two words. Examples: friendly, honest)


2. **What are my dreams?** (Write down several things you want to do. Ask friends and family what their dreams are for you. Examples: graduate, have friends, have a job)


3. **What are my fears?** (Write down several things that worry you and your family. Examples: being dependent, being lonely, feeling isolated, taken advantage of)


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## Self-Determination:

4. **What are my strengths?** (Write down your strengths in three areas. Ask friends and family to tell what they see as your strengths. Example: never absent, has driver's license, health club member, has several hobbies, work always completed on time, cooks)

School	Home	In Your Community

5. **What are my weaknesses?** (Write down your weaknesses in three areas. Ask friends and family to tell you what they see as your weaknesses. Example: unable to do laundry, unable to ask for help, always late, watches television all day, has no friends)

School	Home	In Your Community

6. **How do I learn?** (Do you learn by: doing, seeing, or hearing. How many times must you do or study something before you can remember it?)

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## Education

What are my goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who can assist me? \_\_\_\_\_ Projected Contact Date: \_\_\_\_\_  
\_\_\_\_\_ Projected Contact Date: \_\_\_\_\_

## Employment

What are my goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who can assist me? \_\_\_\_\_ Projected Contact Date: \_\_\_\_\_  
\_\_\_\_\_ Projected Contact Date: \_\_\_\_\_

## Daily Living Skills

What are my goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who can assist me? \_\_\_\_\_ Projected Contact Date: \_\_\_\_\_  
\_\_\_\_\_ Projected Contact Date: \_\_\_\_\_

## Community Participation/Leisure

What are my goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who can assist me? \_\_\_\_\_ Projected Contact Date: \_\_\_\_\_  
\_\_\_\_\_ Projected Contact Date: \_\_\_\_\_