**My Good Day Plan**

**Good Day**
- What do I need to have a good day?
- What are my strengths?
- What makes me happy?
- What things are always present on good days?

**Now**
- Am I getting what I need during the day?
- If yes, GREAT! Keep it up.
- If not, move to next column to think of options and alternatives

**Action**
- What do I need to make this happen?
- What strategies should I create?
- What goals should I set for myself?
- What do others do to make this happen?
- Is there a reasonable alternative?

**Support**
- What people can help me have a good day?
- What people do I need in order to increase the chances of things happening?
- Who is my network of support?
- Can I be the support person for this?

**Good Day**
What happens on a Good Day?

**What do others do to make this happen?**

**Who can help me?**

**Does it happen now?**

**What needs to happen to make it a Good Day?**

**Who can help me?**

**What people can help me have a good day?**

**Support**

**Implementation Guide**