



Good Day

My Good Day Plan

**IMPLEMENTATION
GUIDE**

Now

Action

Support

What happens on a Good Day?

Does it happen now?

What needs to happen to make it a Good Day?

Who can help me?

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?

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

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?

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?