



Good Day Plan

Name:

Today's Date:

Good Day	Now	Action	Support
<p>What happens on a Good Day?</p>	<p>Does it happen now?</p>	<p>What needs to happen to make it a Good Day?</p>	<p>Who can help me?</p>
<p>What do I need to Do to have a good day?</p> <p>What are my strengths?</p> <p>What makes me happy?</p> <p>What things are always present on good days?</p>	<p>Am I getting what I need during the day?</p> <p>If yes, GREAT! Keep it up</p> <p>If not, move to next column to think of options and alternatives</p>	<p>What do I need to make this happen?</p> <p>What strategies should I create?</p> <p>What goals should I set for myself?</p> <p>What do others do to make this happen?</p> <p>Is there a reasonable alternative?</p>	<p>What people can help me have a good day?</p> <p>What people do I need in order to increase the chance of good things happening?</p> <p>Who is my network of support?</p> <p>Can I be the support person for this?</p>