

## Choice and Choice Opportunity Worksheet and Action Plan<sup>1</sup>

Choice Areas	Makes Own Choices	Makes Choices With Support	Choices Made by Others	New Choice Opportunities	What Kind of Support is Needed to Get Started?	When Will We Start?
Everyday Choices						
Activity Choices						
Money Choices						
Big Choices						

- **Everyday Choices** - Choices about what to wear, what and when to eat, when to go to bed, etc.
- **Activity Choices** - Choices about when to go out, what activities to do, when to do them, who to do them with, etc.
- **Money Choices** - Choices about how to spend P&I funds or money earned like budgeting for a big ticket item such as a TV or vacation.
- **Big Choices** – Choices about what job or program to attend, where to live, who to live with, etc.

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<sup>1</sup> Adapted from *Person Profile*, Frameworks for Accomplishment, John O'Brien and Connie Lyle O'Brien, and Beth Mount.