WORKING FROM THE PERSON

A worksheet about letting the person's voice, values, needs, and goals lead the way — not doing things for them or around them.

MY VOICE

What do I want people to hear, understand, or remember about me?

WHAT MATTERS TO ME

What is important to me in my life, relationships, routines, culture, faith, health, or future?

FOR

Someone decides, plans, or acts without my lead.

WITH

I am included, but others may still guide most of the process.

FROM

My voice, choices, goals, and lived experience guide what happens next.

Working FROM the person means starting with the person.

HOW PEOPLE CAN WORK FROM ME

What helps me feel respected, understood, and included?

WHAT GETS IN THE WAY

STOP

What makes it harder for people to really listen to me or follow my lead?

MY GOALS / MY DIRECTION

What am I working toward right now? What do I want my life to move toward?

SUPPORTS THAT HELP

What support helps me move toward my goals without taking over?

ONE NEXT STEP

What is one small next step that follows my voice and my priorities?

REMEMBER

The best support does not just work for me or even with me — it works from me. My life should be shaped by what matters to me.