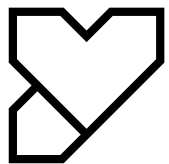




my
 **life.**

Independent Living

Session Resources



**YOUTH
FOR CHRIST**

My favourite memory...

Write or draw it here.



**Something I'm worried
about in the future...**

Write or draw it here.



My ideal future...

Write or draw it here.



SAMPLE

Need or Want?

What do I *need* to buy?
What might I *want* to buy?

NEED

WANT



One thing I will do to look after...

My things

Myself

My relationships

SAMPLE

	What am I doing today?	Meal	Shopping list
Monday	Morning:	Breakfast:	
	Afternoon:	Lunch:	
	Evening:	Tea:	
Tuesday	Morning:	Breakfast:	
	Afternoon:	Lunch:	
	Evening:	Tea:	
Wednesday	Morning:	Breakfast:	
	Afternoon:	Lunch:	
	Evening:	Tea:	
Thursday	Morning:	Breakfast:	
	Afternoon:	Lunch:	
	Evening:	Tea:	
Friday	Morning:	Breakfast:	
	Afternoon:	Lunch:	
	Evening:	Tea:	
Saturday	Morning:	Breakfast:	
	Afternoon:	Lunch:	
	Evening:	Tea:	
Sunday	Morning:	Breakfast:	
	Afternoon:	Lunch:	
	Evening:	Tea:	



Things I can control when living independently...

(e.g. how I save my money)

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Things I can't control when living independently...

(e.g. when something breaks)

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Ways I can get support...

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SAMPLE

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