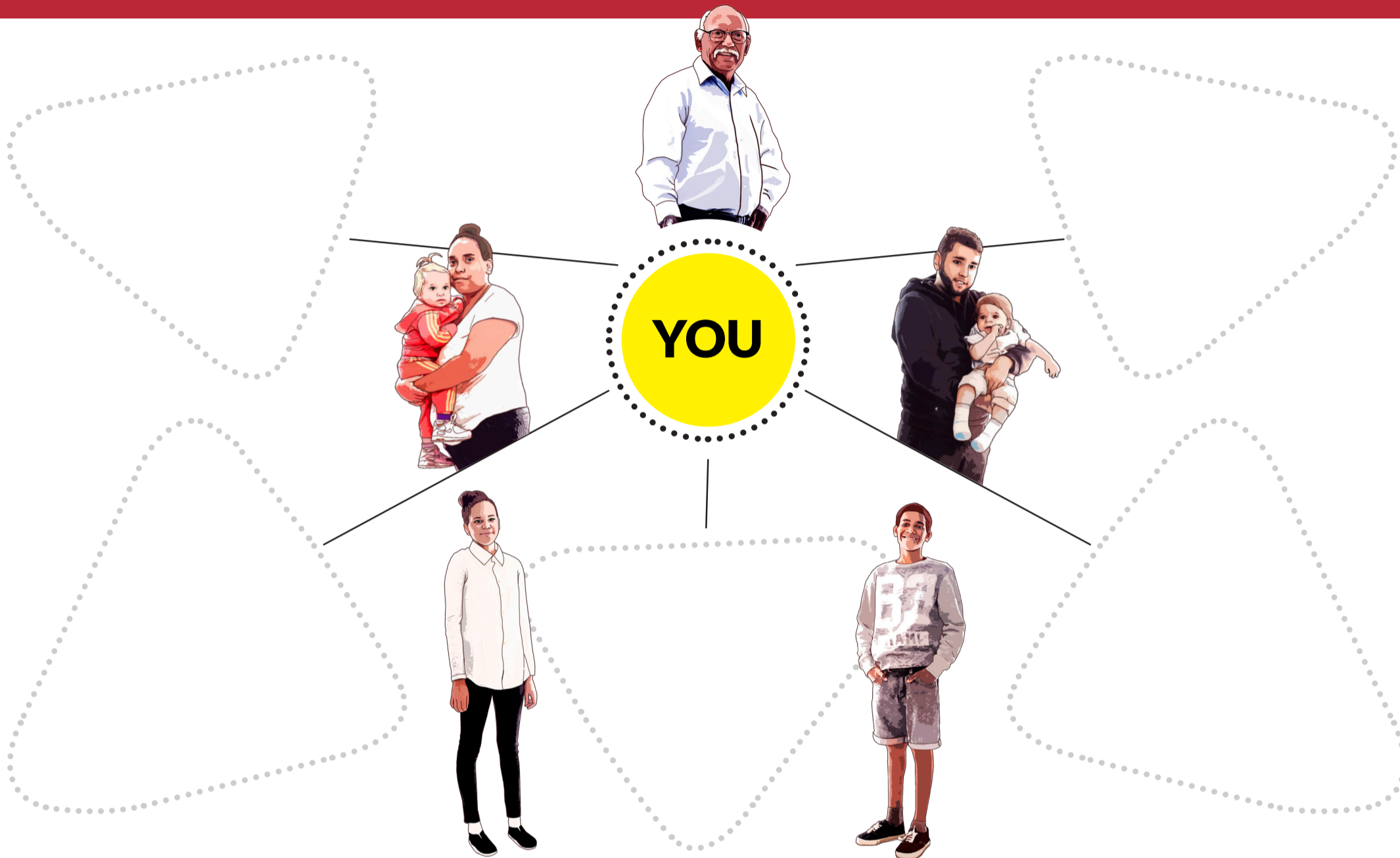


YARNING ABOUT NDIS

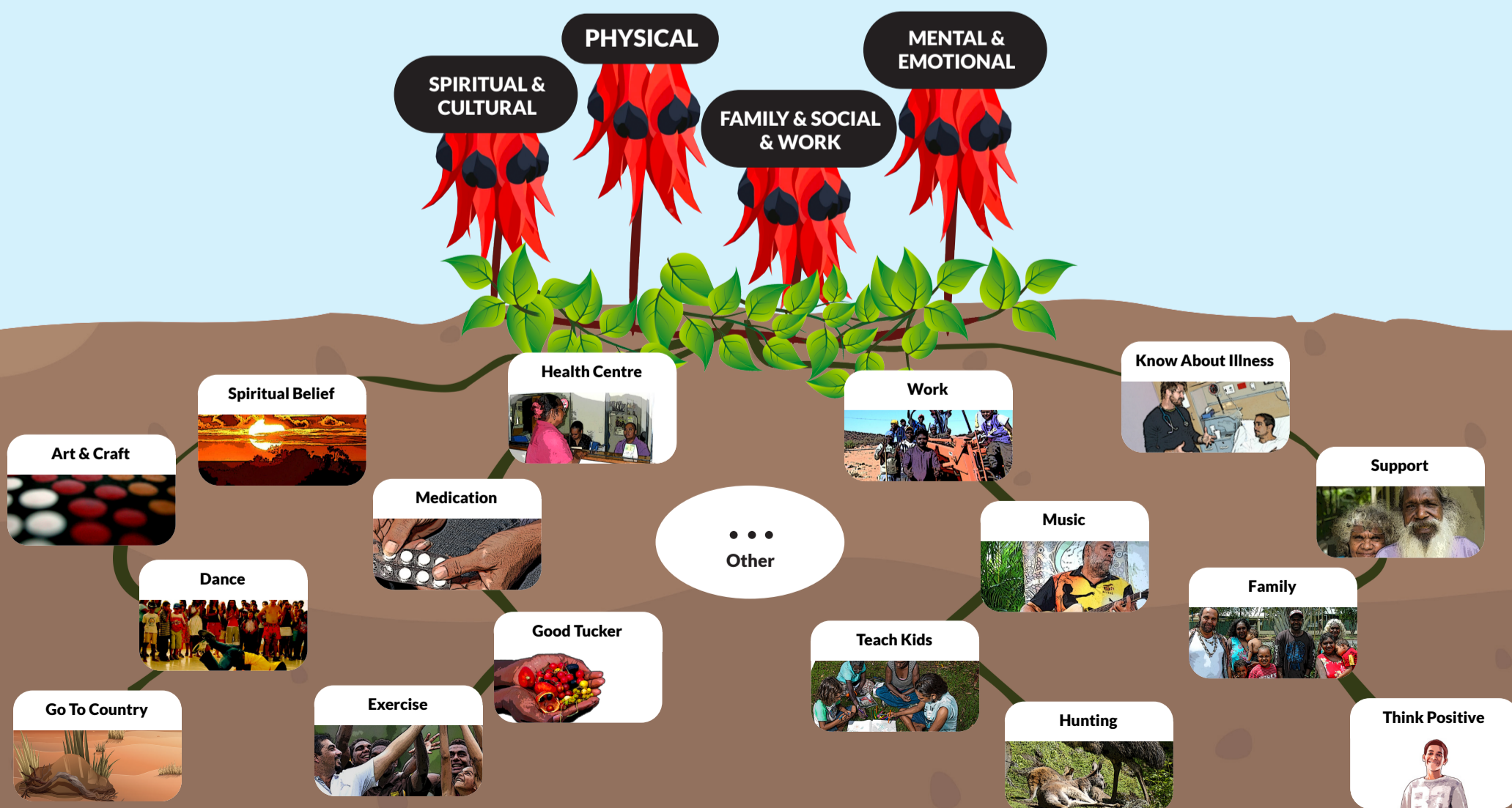
Name _____

Date _____ ID Number _____

STEP 1 Family and Friends



STEP 2 What keeps us strong?



STEP 3 Worries which can take away our strength



STEP 4 Goal and steps



Making goals and steps for change is like playing football.
To kick one goal takes a lot of small steps on the way. To win a season final takes even more.
Just one step can make a difference.

a) Changes I'd like to make (my goals)

Goal 1:

Step 1 _____

Step 2 _____

Step 3 _____

Goal 2:

Step 1 _____

Step 2 _____

Step 3 _____

b) Other things to do that help (e.g. see GP)

1. _____

2. _____

3. _____

Why would it be good to make these changes:

My early warning signs are:

Signed: Client _____

Signed: Service Provider _____