

My Month, My Way

Start here. Use only the parts that help you. You can write, point, draw, or use pictures.

My name (optional): _____

Month / year: _____

How I want to share my answers:

☐ Write

☐ Point / pictures

☐ AAC / device

☐ With help

My current plan goal or something I want to work toward

Copy a goal if you want. A win does not have to match an official goal.

What matters to me this month

This can be a choice, activity, skill, relationship, or anything important to you.

Who helped me fill this out? (optional)

☐ I did it myself ☐ Someone helped me ☐ We worked together

Name or role of helper: _____

My information is personal. I can say what I want to share at a meeting.

Some information may need to be shared for safety or required reporting.

My Wins & What Helped

A win can be big or small. Give an example people can understand.

WIN 1 / Something that went well

Date or when it happened: _____

What I did or what happened:

What helped me? (person, tool, choice, practice, support)

What goal or important thing does this connect to? (optional)

WIN 2 / Something that went well

Date or when it happened: _____

What I did or what happened:

What helped me? (person, tool, choice, practice, support)

What goal or important thing does this connect to? (optional)

What Worked & What Was Hard

A hard month still matters. This is not a score or a test.

Keep doing this - it worked for me

What helped? What should stay the same?

Something that was hard or got in my way

It is okay to leave this blank.

Something I want changed or tried differently

Who could help me make this change?

Get Ready for My Meeting

My preferences matter before the meeting begins.

What I want people to know

Who I want at the meeting (if possible)

How to make my meeting work for me

☐ Speak first ☐ Plain words ☐ Extra answer time

☐ Breaks ☐ Pictures / AAC ☐ Support person

Other:

Topics I would rather keep private or discuss separately

I can ask to talk about sensitive subjects privately. Some sharing may still be required.

My Review Meeting Snapshot

Bring this page to the meeting. It is okay to ask for an explanation.

The most important win I want to share

What I want to try next

What we agreed to do next

Next action or change:

Who agreed to help:

When we will check again:

☐ I reviewed these notes ☐ I want to review them later ☐ I prefer not to sign

Optional initials / signature: _____ Date: _____

A signature here does not make this an official plan document.

My Monthly Success Record

Print this page more than once. Use dates and examples instead of ratings.

MOMENT 1

Date: _____ What happened: _____

What helped or what I want people to know:

MOMENT 2

Date: _____ What happened: _____

What helped or what I want people to know:

MOMENT 3

Date: _____ What happened: _____

What helped or what I want people to know:

MOMENT 4

Date: _____ What happened: _____

What helped or what I want people to know:

My Wins Over Time

Optional summary for a quarterly or annual review. No need to fill in every month.

MONTH / PERIOD 1

When: _____

One example I want remembered:

MONTH / PERIOD 2

When: _____

One example I want remembered:

MONTH / PERIOD 3

When: _____

One example I want remembered:

MONTH / PERIOD 4

When: _____

One example I want remembered:

A pattern I noticed or support I want to keep

Supporters: Ask, wait, and record the person's own words. Put observations in a separate note and label them. Do not turn this into a score.