

# MY ADULT LIFE VISION

## Doing

*How will I occupy my time?*

*What roles and responsibilities will I have?*

*What will bring me purpose and pride?*



## Being

*How will I care for my mind, body, and spirit?*

*How will I express myself?*

*What will bring me inspiration and joy?*



*OTs for Neurodiversity*

# Belonging

*What community or group will I be apart of?*

*How will I experience love and connection?*

*How will I give and receive support?*



# Becoming

*How will I continue learning and growing?*

*How will I give back to my community?*

*What are my dreams for the future?*



*OTs for Neurodiversity*

# IDEAS

## Doing

- Work
- Volunteering
- Caring for others
- Family or community roles
- Fun / Leisure activities
- Daily living activities
- Hobbies
- Lifestyle habits and routines

## Being

- Self-care
- Stimming
- Special Interests
- Spirituality, values, or beliefs
- Fitness and rest
- Mental health supports
- Identity expression
- Healthcare / health management

## Belonging

- Community groups / organizations
- Faith community
- Relationships (ex. family, friends, partners)
- Online groups / social media
- Favorite community hang out spot
- Culture
- Racial or ethnic group
- Geographic location

## Becoming

- Travel
- Higher education
- Self education
- Passion projects
- Civic participation (ex. voting, activism)
- Self-advocacy
- Personal growth (ex. unmasking, identity development, leadership)