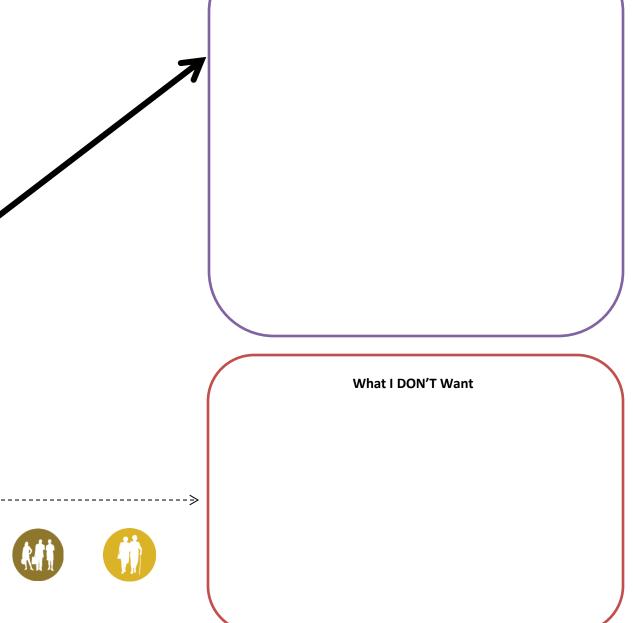
## CHARTING the life course

## Life Trajectory Worksheet: Family

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.



**VISION for a GOOD LIFE** 



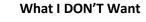
## CHARTING the life course

## Life Trajectory Worksheet: Individual

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.



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Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD | mofamilytofamily.org