

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

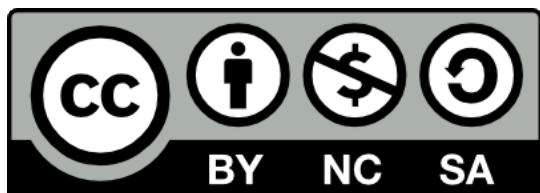
- Self-care
- Stimming
- Special Interests
- Spirituality, values, or beliefs
- Fitness and rest
- Mental health supports
- Identity expression
- Healthcare / health management

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)



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