



Good Day Plan

Use this as a facilitation guide to complete the Good Day Plan tool, or to help someone else complete it. The questions below can be used as prompts to help you arrive at answers. Focusing on one column at a time may also help. We encourage you to share your finished Good Day Plan with others!

Good Day What happens on a good day?	Now Does it happen now?	Action What needs to happen to make it a good day?	Support Who can help me?
<ul style="list-style-type: none"> • What things are always present on good days? • What do I do on a good day? • What makes me happy? 	<ul style="list-style-type: none"> • Am I getting what I need during the day? • If yes, GREAT! Keep it up. • If not, move to next column to think of options and other choices. 	<ul style="list-style-type: none"> • What do I need to make this happen? • What things or plans can I use to help me? • What goals should I set for myself? • What do others do to make this happen that I could try? • Is there a reasonable other choice? 	<ul style="list-style-type: none"> • What people can help me have a good day? • What people do I need in order to increase the chance of good things happening? • Who supports me? • Can I be the support person for this?

