



THE GOOD LIFE CARDS



With the help of the **Good Life cards**, a young person can reflect on things that are important to them and get to know themselves. What does it look like when a young person is living their good life? What goals is it important to work towards?

It is helpful for a young person to receive support for their reflections from an adult who knows how to give space to their thinking and insights. You can also use the cards to help draw up a service plan.

We can record the young person's reflection in a way that makes them feel most comfortable. For example, by writing, drawing, or assembling pictures.

For more info visit: www.minuakuullaan.fi

Jaatinen Association of Families with Disabilities
www.jaatinen.info/yhdistys/jaatinen/in-english/
Vamlas (Foundation for disabled children and youth) vamlas.fi/in-english/
The Finnish Association on Intellectual and Developmental Disabilities
Citizenship Unit Influencing, Training, Research:
www.kehitysvammaliitto.fi/in-english/

The Good Life cards were developed within the "I Am Heard" project (Minua Kuullaan) in cooperation with the project's youth members and TATU Ry.

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THE GOOD LIFE CARDS



Who are you?

1. You
2. Important people
3. Important things



Dreams & fantasies

4. Dreams for the future
5. Wishes for your life at present



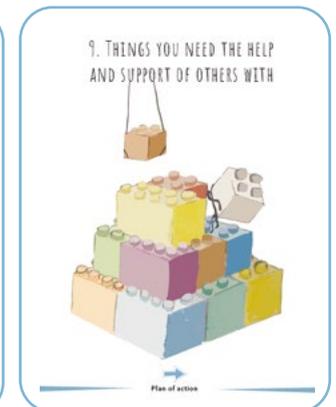
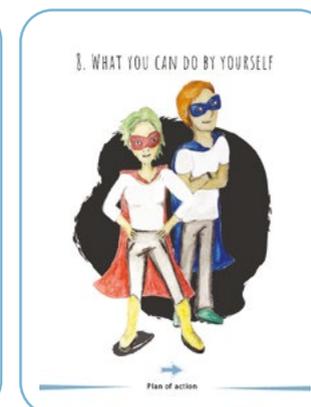
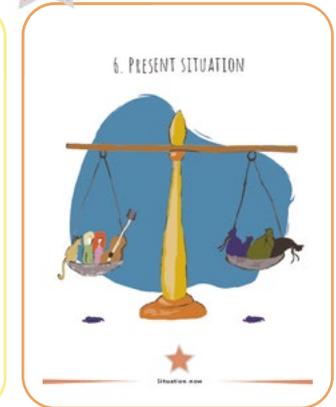
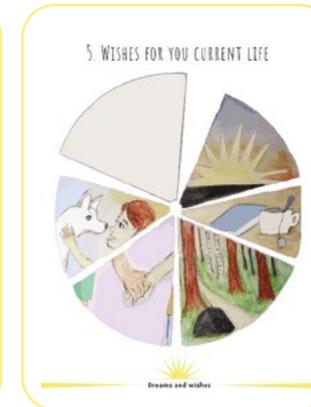
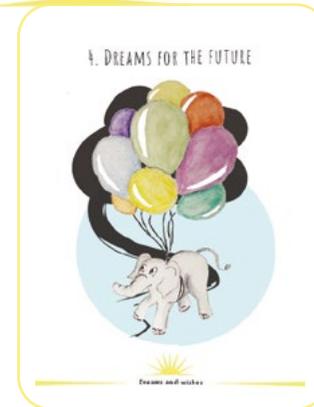
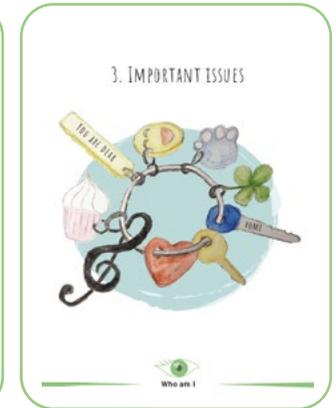
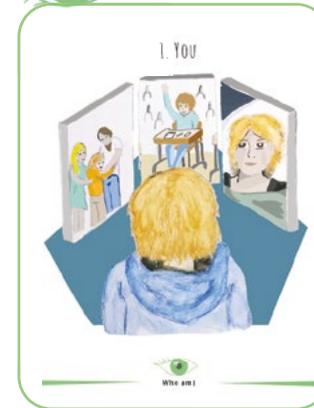
Present situation

6. Your life now



Plan of action

7. Goal setting
8. What you can do by yourself
9. Things I need the help and support of others with



1. YOU



Who am I

1. YOU

- ▶ What roles do you play in your life at present?
- ▶ What are you good at?
- ▶ What are you best at?
- ▶ What are your strengths?

*"I am me, and
I like myself just as I am."*



Each of us plays a variety of roles in our everyday life. For example, you are a member of your family, a friend, a student, a hobby group.

Your character strengths are the ones that show your best traits. Identifying your strengths helps you keep your personal resources in mind. Your strengths can also help you to meet and overcome challenges you may experience.



Who am I

2. IMPORTANT PEOPLE



Who am I

2. IMPORTANT PEOPLE

- ▶ Who are the important people in your life?
- ▶ How are they important to you?

Important people can be those who support you or whose meeting brings you joy. They might be, for example, parents, siblings, grandparents or other relatives, your teacher, friends, friends from your hobbies.



Who am I

3. IMPORTANT ISSUES



3. IMPORTANT ISSUES

- ▶ What is important to you?
- ▶ What makes you happy and cheerful?
- ▶ What things do you need in your life?

The important things are those small and big things that mean the most to us. They bring meaning, joy, and feelings of happiness to our lives. In our busy, everyday life, it is sometimes easy to forget what is important.



4. DREAMS FOR THE FUTURE



4. DREAMS FOR THE FUTURE

- ▶ What do you hope for in your future?
- ▶ What kind of dreams for the future do you have?
- ▶ What kind of life do you want to live in the future?

Think about the kind of wishes and dreams you have for your future in two or ten years, for example. You can choose for yourself how far into the future you want to dream.



*"Dream
and wish!"*

5. WISHES FOR YOUR CURRENT LIFE



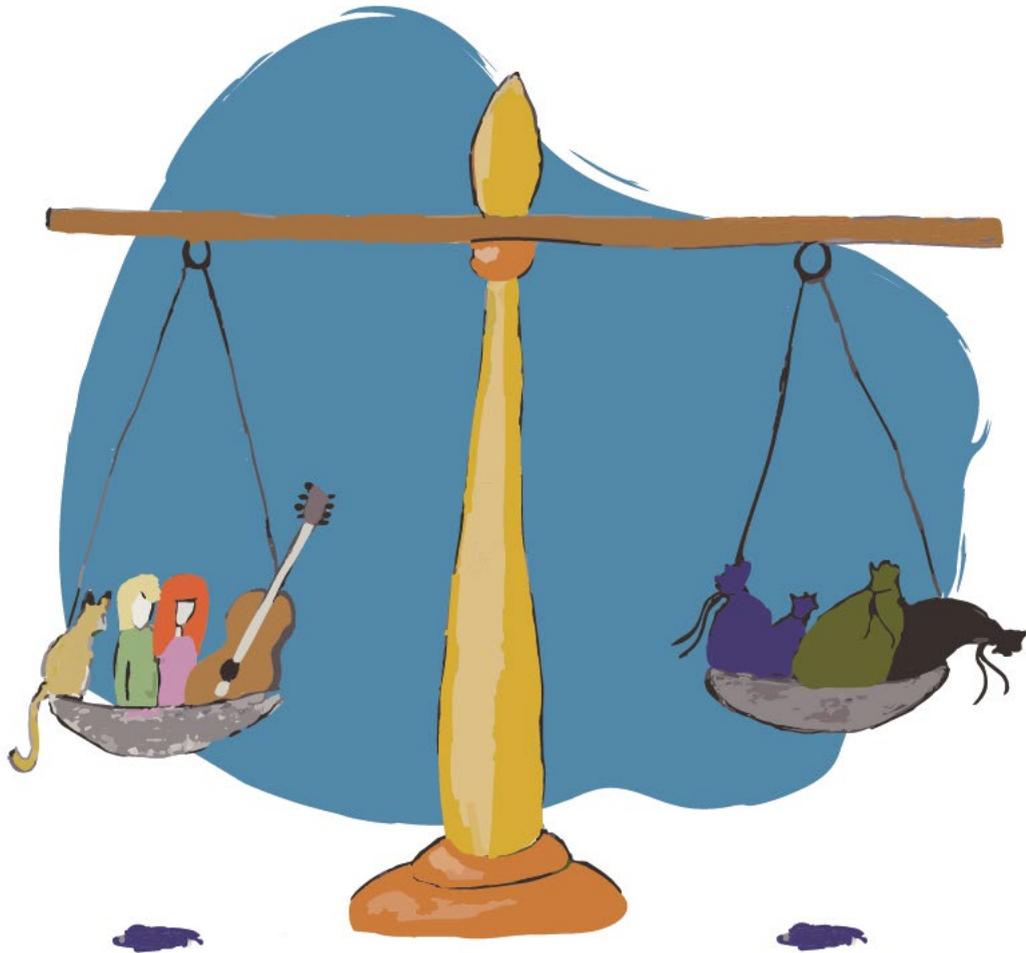
5. WISHES FOR YOUR CURRENT LIFE

- ▶ What kind of hopes do you have for your life right now?
- ▶ Think of an ordinary weekday. What does it look like when it goes well?
- ▶ Who are the important people you meet?
- ▶ What kind of positive and important things happen during your day?

If you find it challenging to get started, try this:

Close your eyes for a moment and imagine that it is night and you are sleeping. When you open your eyes, it's tomorrow morning, and all is well. What is your life like? What does your day look like when everything goes well?

6. PRESENT SITUATION



Situation now

6. PRESENT SITUATION

- ▶ How are you doing?
- ▶ What things are you happy with?
- ▶ What things do you want to change?

With the help of this card, we'll reflect on what your life is like at the moment. What positive things can you think of that that you want to keep doing in the future? For example, a good friend or hobby.

What things would you want to change?

For example, would you like to learn more about a particular topic or interest?



Situation now

7. GOAL SETTING




Plan of action

7. GOAL SETTING

- ▶ What goals do you need to help achieve your dreams?
- ▶ Which goals are most important right now?
- ▶ What kind of goal can you achieve?

*"A goal is one step
closer to your dream."*



It's time to start making a plan on how you can work towards achieving your dreams and fantasies. Now that you know what you want to achieve, it is possible to consider the steps towards living your good life.

It is a good idea to divide significant goals into several smaller ones. Then they will be easier to achieve. Choose 3-5 smaller goals that are important to you and help you achieve your dreams.


Plan of action

8. WHAT YOU CAN DO BY YOURSELF



Plan of action

8. WHAT YOU CAN DO BY YOURSELF

- ▶ What can you do yourself to achieve your goals?
- ▶ What could be the very first thing you do?
- ▶ What have you done already, perhaps without noticing?

Previously, we considered what strengths and resources you have. Now, think about how can you utilise your strengths and your resources to achieve your goals?



Plan of action

9. THINGS YOU NEED THE HELP AND SUPPORT OF OTHERS WITH



9. THINGS YOU NEED THE HELP AND SUPPORT OF OTHERS WITH

- ▶ Who can support and encourage you in achieving your goals?
- ▶ What kind of help do you need?
- ▶ Who could help you?
- ▶ In what matters do you need support and services?

Each of us needs support and encouragement. Who could support you and encourage you?

You don't have to do everything alone. In some cases, you can get help from loved ones and friends. Sometimes you may need to access help and support services to live your good life.



Plan of action