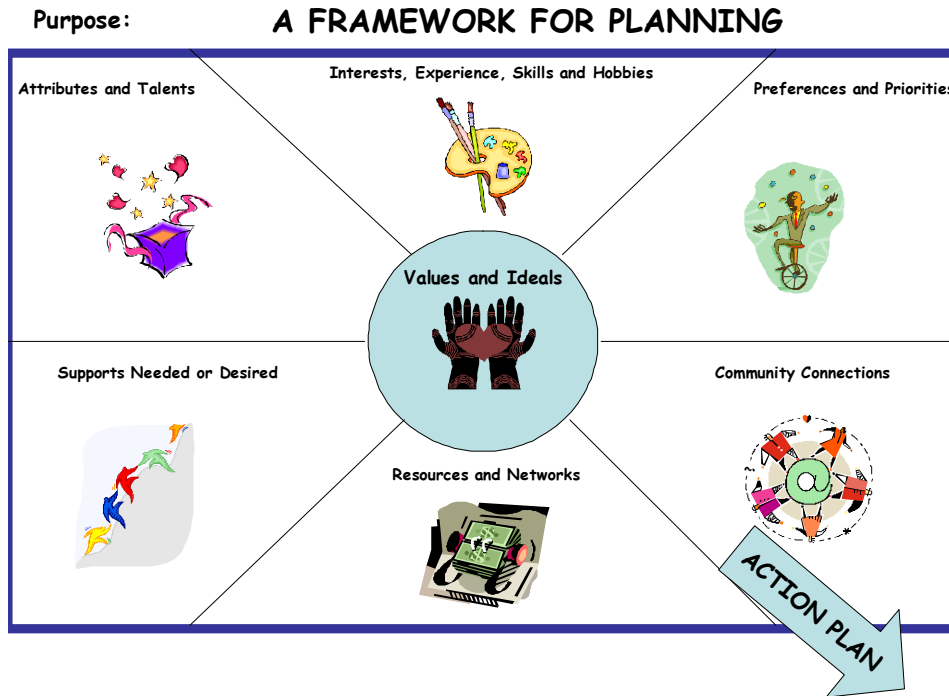


A Framework for Planning Personal Workbook



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A Framework for Planning© Personal Workbook
was created by
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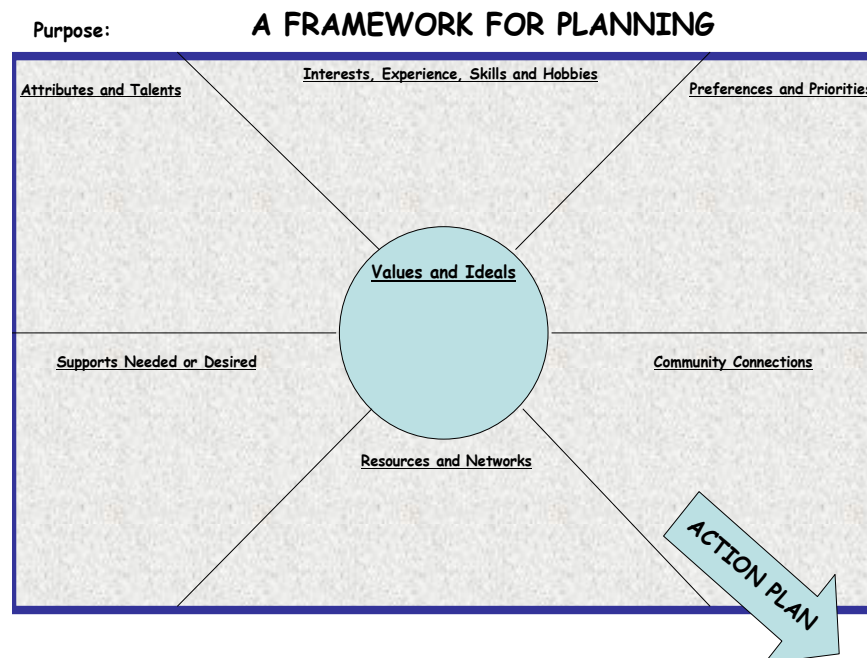
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Introduction

Supporting people who have traditionally been left out of the mainstream of community life to become contributing citizens requires planners to be creative and thoughtful in their approach to providing services and supports that reflect the authentic "voice" of the person with whom the planning is being done. The ultimate goal is to help people discover how they can make meaningful contributions on a daily basis through work and other valuable membership roles.

A Framework for Planning® (2003 Blessing & Ferrell) was developed to provide people with a way to begin thinking about personally meaningful pathways leading to forging community connections and making valuable citizenship contributions. Planners engage in a series of dialogues that are conducted in the style of appreciation and inquiry about the person who is at the center of the planning process. The completed Framework offers planners a distinctly positive profile of the focus person and a clear direction for taking action.

The authors wish to acknowledge Bill, a remarkable gentleman whose gifts and talents serve as the foundation for *A Framework for Planning*.



The Journey to Community

Drawing on the metaphor of embarking on a journey, *A Framework for Planning Personal Workbook* creates a roadmap to community by identifying a destination (for example, a specific career goal), and surfacing important and necessary elements based on the destination (what to pack; what sights to see) that will serve to establish a route and to guide people along the way.

As with any trip, there may be more than one route leading to the destination. Choosing which route to take is as important, and maybe even more important, than actually arriving at the designated spot! It is also important that travelers check their direction from time to time to make sure that they are still heading in the right direction or even to alter the course to slow down or to go faster. Remember that there are always opportunities for the occasional detour, whether it is to get fuel, recharge a battery, make repairs or just to view the sights along the way. Ultimately, the focus person is in the driver's seat and invites others along for the ride.

The service stops that will be required along the way will vary from driver to driver and will, in part, be based on the final destination point. They are there to help navigate a smooth course and the driver's relationship to them should be a temporary one. Service attendants at each service area should be knowledgeable and competent within their particular station. They need to be expert at knowing when what they have to offer is the right support to keep things moving and when it is not. A driver should never be "sold" a service he or she does not really need. Only those service stations that clearly keep the engine in optimal running order should be utilized along the route. Care should be taken to avoid unnecessary pit stops that lead to wasting time and other valuable resources.



Navigating the Workbook

The workbook has been organized to follow the Framework for Planning © template in the order that it is typically facilitated. Each category is referred to as a "service station" in keeping with the metaphor of taking a trip. It is not necessary, however, to follow any particular order. It is critical though that you, the driver, have a **stated purpose** (within the analogy of the journey, this would be your destination), for completing the Framework. Where does the driver hope to end up as a result of going through this process?

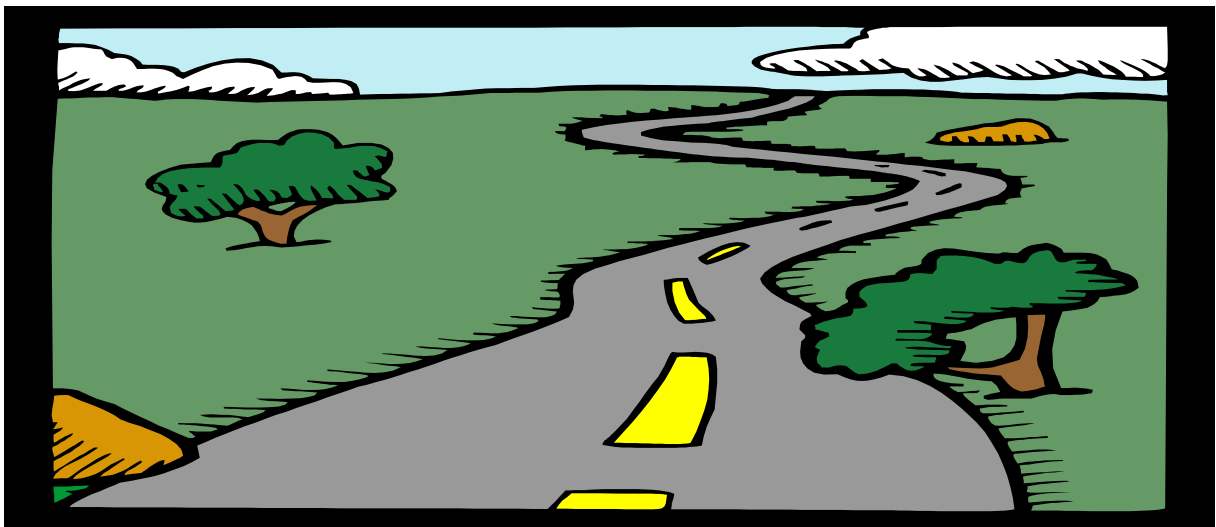
Additionally, the Framework should ALWAYS result in a plan for taking action. It is this purpose, combined with the information gathered through the Framework process, that will establish the direction and route the driver will take toward the destination. It will also help to determine the number and type of service stations the driver will need to use along the way to stay on course.

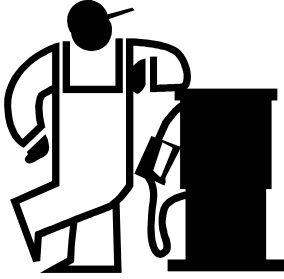
The travel pace should be up to the driver at all times and filled with as many rest stops as he or she feels necessary. Occasionally travelers will come across various shapes and sizes of potholes in the road, some of which seem too big to get through right now. Sometimes the driver will change direction. Other times drivers might wait for road reconstruction. All of this is all right if we remember that the experience of taking the journey is often the best part of the trip!



Service Areas and Rest Stops:

- Service Station 1: Preparing for the Trip (Filling the Tank)
ATTRIBUTES and TALENTS
- Service Station 2: In the Driver's Seat (You're the Boss)
VALUES and IDEALS
- Service Station 3: The Voice of Experience (No Back Seat Drivers Needed!)
INTERESTS, EXPERIENCE, SKILLS & HOBBIES
- Service Station 4: Enjoying the Ride (The Scenic Route)
PREFERENCES and PRIORITIES
- Service Station 5: Pit Stops and Travel Aids (Tuning the Engine)
SUPPORTS NEEDED or DESIRED
- Service Station 6: Suitcase Contents & Road Companions (Whaddya Pack?)
RESOURCES and NETWORKS
- Service Station 7: The Destination (You Made It!!)
COMMUNITY CONNECTIONS





Service Station 1: Preparing for the Trip (Filling the Tank)

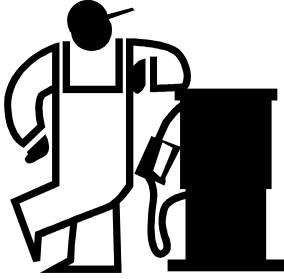
ATTRIBUTES and TALENTS

Talents/Natural Abilities

- What kinds of things do you know that you are good at?
- What are you proud to show others about who you are?

Gifts/Admirable Traits

- Name two things that you like about yourself:
 - 1.
 - 2.
- What positive words would you hope that people use to introduce you to someone new?
- List some qualities or talents do you have that make you unique?
- What do you think is the best quality you have?



Service Station 2: In the Driver's Seat (You're the Boss)

Values & Ideals

- Who is the "you" of you? Meaning that no matter where you go, this is the "voice" that you bring forth.
- What do you hope to leave as a legacy for future generations?
- What is your favorite season of the year? Why this one?
- What do you think is the most important quality for a person to have?
- What one statement do you think would help people to understand who you are?

Hopes for the Future

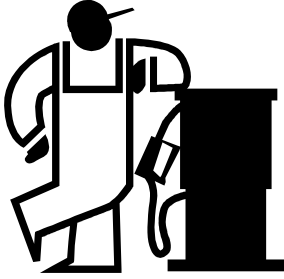
- What do you see yourself doing five years from now?
- What can you imagine you could be doing one year from today?
- What can you imagine you could be doing in six months?

Traditions that Must be Honored

- What is your favorite family tradition?
- How do you like to celebrate holidays? Your birthday?
- Are there spiritual traditions that are important to you?

Qualities/Characteristics that Make Things Great

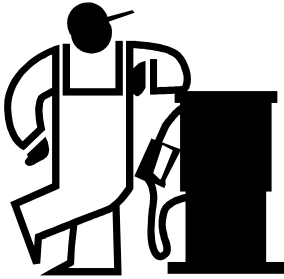
- Is there anything you've always wanted to learn to do? What would that be? Why?
- What is the best thing that you can ever imagine happening to you?
- What are the types of people that you like to be around like? What are the characteristics about these people that you like best?
- What makes a day go from bad to good for you?
- What makes it go from good to GREAT?



**Service Station 3: The Voice of Experience
(No Back Seat Drivers Needed!)**

Interests, Experience, Skills & Hobbies

- When you have finished what you *have* to do in a day, what do you spend time doing?
- Do you enjoy working with your hands? Your head? Your heart? Why?
- If you were to write a book, what would the subject matter be?
- Do you have any hobbies that require you to use tools or special equipment?
- Describe a day that you had that was the "best time of your life". What did you do? Who was there? Where were you?
- What are the talents you have that you, or others, are proud of?



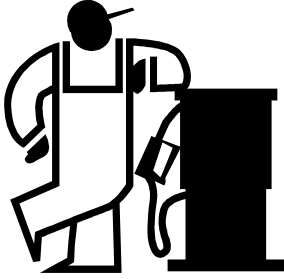
Service Station 4: Enjoying the Ride (The Scenic Route)

Preferences & Priorities

- Pretend that you could only bring one thing to do for fun with you while on your trip. This is something that you enjoy doing when you have free time. What will you bring?

- What would you bring with you on your trip that would give you comfort after a hard day?

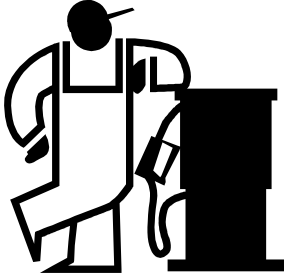
- How would you rather spend most of your day: working, relaxing, moving from place to place, hanging out with friends?



Service Station 5: Pit Stops & Travel Aides (Tuning the Engine)

Supports Needed or Desired

- What brings out the best in you?
- What kind of people do you find to be most helpful?
- What needs to be in place to help you feel confident?
- Are there things about your health that get in the way of living the life you want to be living?
- What are the things you're doing right now to stay healthy?
- What or who helps to brighten your day?



Service Station 6: Suitcase Contents & Road Buddies (Whaddya Pack?)

Resources and Networks

- What is already in your "suitcase"? Meaning, what do you already have going for you?
- Who are the people that you know that you can rely on if you needed to ask for help?
- What group or club memberships do you hold or are you a part of?
- Are you a "regular customer" anywhere in the town or city you live in?

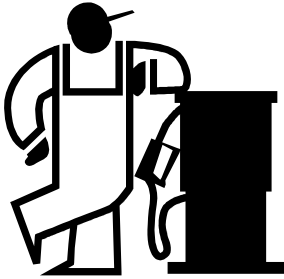


CHECKING THE REARVIEW MIRROR

What stands out about you? What elements call for attention?

Is there a direction that is starting to appear because of who you are? Are you sensing a "pull" toward something? What is it?

Pretend that you are looking for a way to become part of the community using the information that has been gathered about you up to this point. In the picnic of life, what offering do you bring to the table?



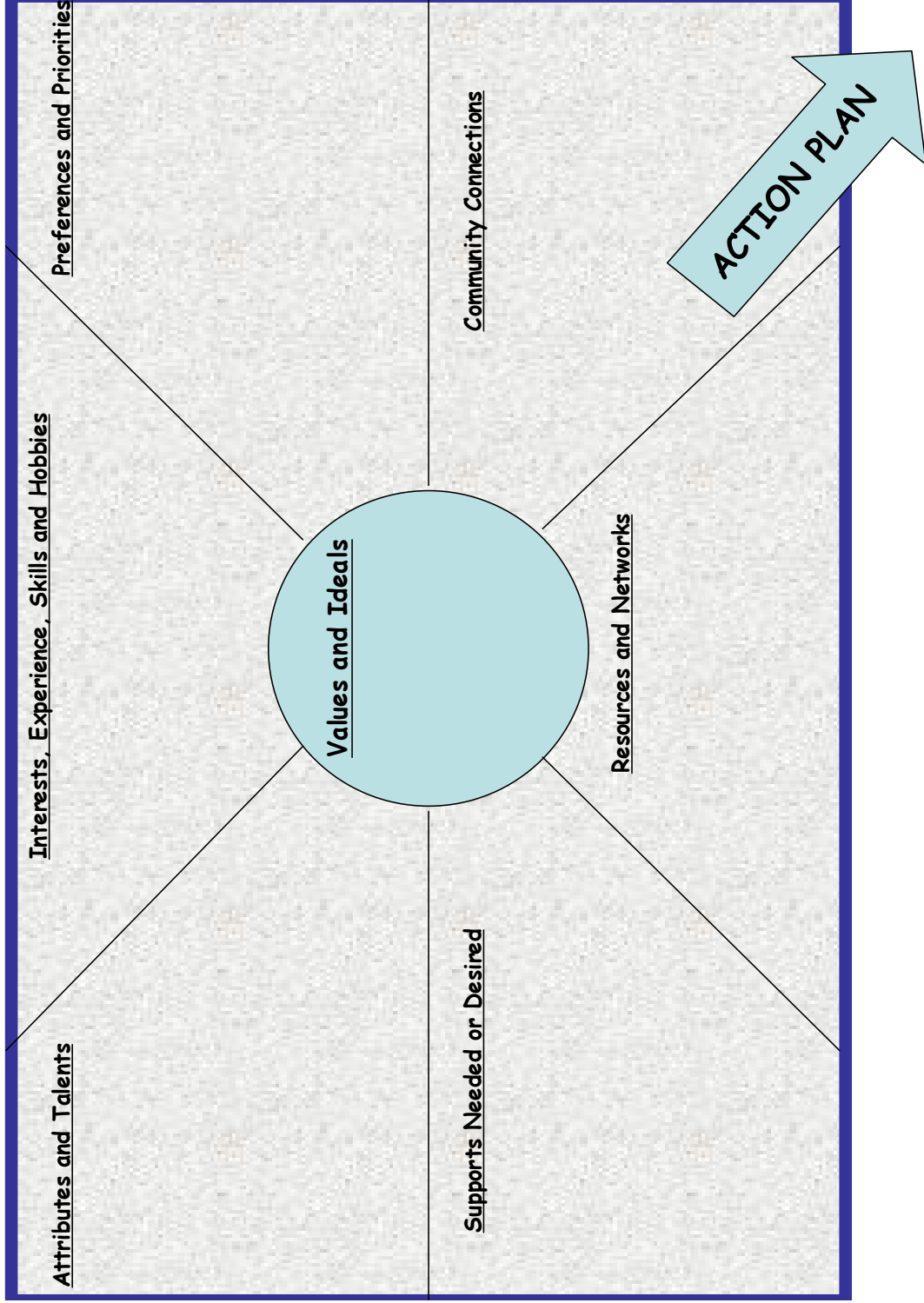
Service Station 7: The Destination (You Made It!!)

Community Connections

- What do you feel yourself being drawn toward when you think about your future? What kinds of things do you see yourself doing that you like to do?
- Have you ever been someplace that you wish you could go back to and make some kind of contribution?
- What kind of people do you want to spend your time with?
- Can you think about places in the community that you'd like to explore or visit for a first or second time? Where are they?

A FRAMEWORK FOR PLANNING

Purpose:



Use the Framework above and write in some words that describe each of the areas in the Framework.
Think about the answers to some of the questions from the previous pages!

Action Planning

Now that you've completed some of the Framework for yourself, think about some of the "next steps" that you want or need to take. Are there specific things you need to do? Who are the people that will help you? What else do you want or need to learn? Write some of these ideas down in the area below.

Things I am interested in/want to explore	Places that support my interest	What to do next-specific steps	People who will help	By when?

POST CARDS (thoughts, feelings, recollections of the journey):
