



Making Your Dream List

In getting ready to make your person-centered plan and budget, it is helpful to make a list of all of your dreams or goals for the coming year. You may or may not choose to work on or budget for all of these goals. The point of this activity is to write down all possible goals so you can decide (with support from your SDC Advisor and others) which ones are the best to work on in the SDC Program.

As you make your Dream List, think about these questions:

- Where would you like to see yourself 6 months from now?
- Where would you like to see yourself 1 year from now?
- What about beyond 1 year from now?

1. Write down all of your goals here. Having only one goal is fine. But, this activity works best if you consider goals in several life areas, choosing from: mental wellness, physical health, social activities, housing, work, and/or education.

Now, put stars by the goals you most want to work on right now in the SDC Program, given your budget.



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2. Think about or review your Personal History Form, and answer the following questions (you may take some of this information directly from these other forms). If you need more room, write on the back of these forms.

What are your strengths to reach your main goals?

What resources (people, services, supports, experience) do you have already to reach your main goals?

What might cause you to have setbacks in these goals?



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What services, supports, goods, or training/education might you need to reach these goals?

3. Write down the cost of each resource you just listed (your SDC Advisor can help with this). Does the sum total stay within budget? If not, work with your Advisor to prioritize and cut down.

Once you have your main goals, the resources you need, and the associated budget, you're ready to prepare your person-centered plan for approval by the TX SDC Program Director. Your SDC Advisor is happy to help you complete this person-centered plan form and budget.