

# Introduction

Welcome to the Passport to Independence workbook. This exercise book was created by the staff of Peel Behavioural Services (PBS) – a hospital-based assessment and treatment program dedicated to helping people with disabilities and sexual behavior problems. The authors' intent was to create a book that would be all about helping you figure out what you believe is important in your life and how to work toward it. People from all walks of life are continuously trying to progress through their struggles to get to where they want to be. It's not easy. Whether something happens that stops you or slows you down from moving forward in life, or you just aren't sure where to go or what you want to do, it's never too late to make positive changes to your life.

As you work through this book, you will learn to understand yourself, your needs, and your wants much more clearly. Once you have a better understanding of yourself, it will be easier to decide what positive changes you need to make so that you can improve your life and become more independent.

Setting goals is the key to moving forward and making progress in life. It is important to have concrete goals to work toward, and this workbook will help you to do just that. More specifically, this workbook will use a treatment approach called the Good Lives Model, which outlines ten specific areas of your life in which you will be able to set goals. For each area, you will be asked to complete post-tests (see appendix). The post-tests will show what you have learned after going through the exercises.

Passport to Independence is a collection of exercises that can be used to enhance an already-existing Good Lives curriculum. Although this collection is comprehensive of the primary goods identified in that model, practitioners will want to be sure to address issues of risk and need through other activities in their greater program development.

This workbook is arranged in sections, according to the ten Good Lives goals. At the end of each section is a page on which you can record an important secondary goal related to the Good Lives goal covered in the chapter. On the worksheet, we ask you for only one secondary goal, but, really, you are free to copy the page and write out as many secondary goals as you can think of. This page also serves to document your completion of that goal. You can use the stamps we have provided in the appendix, or you can use another method to indicate that you have completed that goal. Feel free to be creative – take photos of yourself working on or completing the goals, draw pictures, draw cartoons, or make a collage. These images and concepts will make your final product that much more interesting and meaningful to you.

Once you have completed all the exercises associated with each Good Lives goal, you will have an opportunity to pull them together in a scrapbook. That way, by the end of this workbook, you will have a wonderful showcase of your personal goals for reaching independence.

This Passport to Independence and the scrapbook of your journey is something you can keep with you for the rest of your life. It can help you to keep track of what's important to you. As you learn and experience more things in your life, you can always go back to the workbook to add or modify your goals. The workbook will continue to help you understand yourself and clarify what's important to you. It will help you to set your own goals and to keep track of your progress throughout your life.

One last important thing to remind you of about this book is that the authors have put it together WITH their clients in treatment. Those clients were intimately involved in the creation of the whole book. We want to give our huge and most hearty thanks to them for their ideas, their honesty, their attention to detail, and their dedication to changing their own lives and, now, through this workbook, your lives. Not only was each of the exercises in Passport to Independence created together with our staff and clients, but also the exercises were all road-tested in groups to make sure that they would work. Assembling this workbook was one of the most profoundly exhilarating clinical experiences the Peel Behavioural Services staff has ever had. We hope you like what we came up with.