

## A good life â needs and dreams. Workbook 1

# Workbook 1

## What will bring me a good life?

## What are my needs and dreams?

This resource is available in English as well as other languages. To view and download this resource, please click the language button below. The resource will open in a new tab.

**Author:** Council for Intellectual Disability (CID)

**Language:** English

**Type of resource:** Booklet

**About this resource:** This workbook has been developed by the Council for Intellectual Disability and provides exercises to help you identify how your life could be better. It encourages you to think about different needs or dreams that you have for your life, which the NDIS can support you to achieve. It is the first workbook in the series, A Good Life.

[resources\_link display\_style="button"]

This resource is also available in

[button\_link url="https://cid.org.au/wp-content/uploads/2020/02/workbook-1-arabic.pdf" target="\_blank" title="Arabic" display\_style="blue"]  
[button\_link url="https://cid.org.au/wp-content/uploads/2017/01/workbook-1-simplified-chinese.pdf" target="\_blank" title="Chinese Simplified" display\_style="blue"]  
[button\_link url="https://cid.org.au/wp-content/uploads/2020/02/workbook-1-traditional-chinese.pdf" target="\_blank" title="Chinese Traditional" display\_style="blue"]  
[button\_link url="https://cid.org.au/wp-content/uploads/2020/02/My-Choice-Matters-workbook-1-vietnamese.pdf" target="\_blank" title="Vietnamese" display\_style="blue"]