

A good life - what I do, know and hope for workbook

Workbook 2

What will give me a good life? What I do, Who I know, What I hope for

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 what you want to keep happening in your life. It encourages you to think about your everyday life, what you do, and who you spend your time with. 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-2-arabic.pdf" target="_blank" title="Arabic" display_style="blue"] [button_link url="https://cid.org.au/wp-content/uploads/2017/01/workbook-2-simplified-chinese.pdf" target="_blank" title="Chinese Simplified" display_style="blue"] [button_link url="https://cid.org.au/wp-content/uploads/2020/02/workbook-2-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-2-vietnamese.pdf" target="_blank" title="Vietnamese" display_style="blue"]