A good life â what I do, know and hope for. Workbook 2

Workbook 2

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

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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.

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