

My Action Plan

MAP to the future



Limbs 4 Life™
Empowering Amputees



Ramping 
up **4** work



Long Term Employment Goal - where do I want to be in 12 months:



Things I will do to achieve my long term employment goal:



What services can help me to achieve this goal?



Do I need to undertake any further education or training to achieve this goal?



What is the first step towards my long-term goal?
(Small steps or short term goals will help me get there.)

Actions I will take this week to move towards my goal?	Actions my Job Mentor will take to help me

Examples of Actions

- Research short term courses?
- Develop networks in my preferred area?
- Contact people who work in my chosen field - speak to them about their job.
- Canvass current vacancies.
- Develop my resume.
- Send off job applications
- Apply for volunteer roles in my area of interest.



Things I can do to stay motivated:



People in my life who I know will encourage and support me in achieving my goals?



What's stopping me achieving my long term employment goal (i.e. are there any specific roadblocks)?



How will I overcome these roadblocks?
Roadblock Removal

Roadblock	Strategy



Actions

Actions I will take this week to move towards my goal?	Actions My Job Mentor will take to help me
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Agreed date of next meeting: _____

(All actions to be completed by our next meeting).



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Government of **Western Australia**
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