

# Freedom!

Congratulations on achieving your goals! It may not have been easy, but your persistence and hard work made it possible. Now that you have succeeded in your quest for independence, it is time to look at what your life is going to be like in the community.

When you were living in the nursing home, your life was based on a routine that was set by others. The people who worked there decided what you would do and when you would do it. Now that you are out, your life is not dictated by others. It is now up to **you** how you spend your time.

This is your chance to make some new goals; goals that will help you to shape the kind of life you would like to live. These goals may include things like: continuing your education, taking a class to learn more about something that interests you, getting a job, volunteering in your community, getting involved in local activities or clubs, spending time on your hobbies, or discovering new ones!

Think about what you enjoy doing, anything that gives you a lift or makes you smile. These things are the clues that will help you come up with your new goals. For example, if you love to cook, perhaps you could take a cooking class at the community college, or volunteer in a soup kitchen. Use this space to brainstorm ideas, and see what you come up with.







