

Planning to Thrive in Community

A Helpful Guide to Find Your People

www.kyrajoycraig.com

How to use this...

Whether you have a handicapping condition, disability, chronic disease or just in a busy season of life you have some special needs to consider.

You don't have to do life alone or think that you can't ask for help.

Writing out these lists will help you remember what you need to reset and bounce back when you have a bad day.

Don't feel bad if you have short lists. Use this exercise to be thankful for what you have and identify holes to fill in. Your people are out there and waiting to meet you. You don't have to do hard things alone.

Kyra Joy



www.kyrajoycraig.com

Doctors

1. _____
2. _____
3. _____
4. _____

Other Professionals

(Cleaning Person, Therapists, Hair Dresser, Personal Assistant)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

What services do I need to outsource?

1. _____
2. _____

www.kyrajoycraig.com

My People

(don't be afraid to ask them for help and support)

1. _____
2. _____
3. _____
4. _____
5. _____

Where can I find my people?

(Church, Gym, Library, Ect.)

My Special Needs

(These are the things I need to live a joyful life and thrive)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Go back to these when you feel like your diagnosis or difficult season of life is overwhelming or depressing.

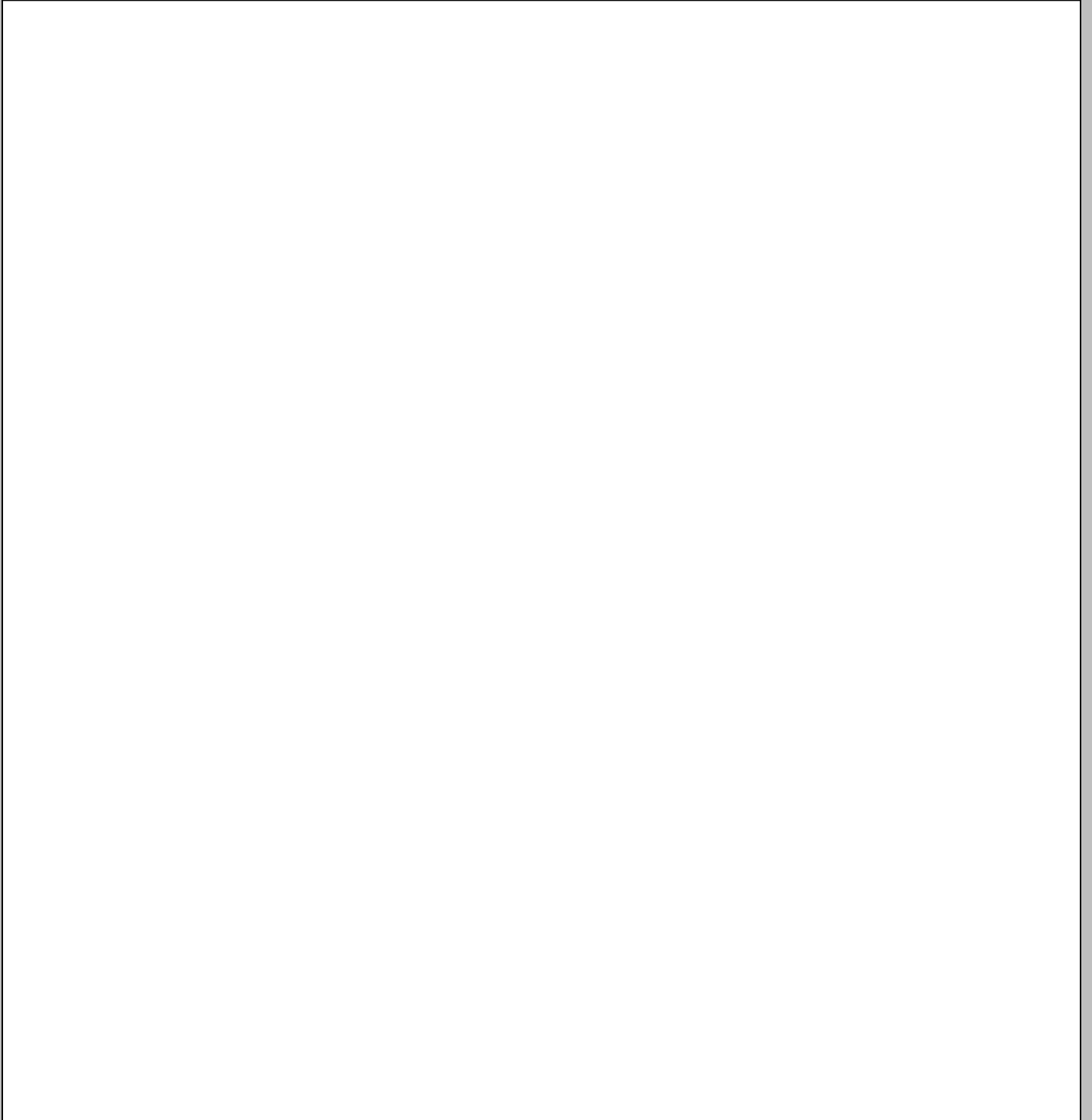
www.kyrajoycraig.com

Life-Giving Activities

(Do these to reset from a hard day or week.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Hopes, Dreams, and Desires



www.kyrajoycraig.com