



Steps to the Personal Journey Plan Meeting

1. Once you've spent time with your new Neighbor, found some consistency in your meetings and start to develop trust, you can begin filling out the **Five Digging Deeper Activities** described in the Personal Journey Plan section of the training.

Each relationship will be different so the how/when to begin the Personal Journey Plan will be unique to each Friendship. See scenarios below.

2. You may both want to fill out the **Activities** together where your Neighbor gets to know you as well as you get to know them. Remember to be sensitive to giving too much information at the beginning of the relationship where boundaries are very important.
3. Once you have filled out the **Five Digging Deeper Activities**, it is time to schedule your meeting. Call or email the Walk With Me team and they will schedule your two-hour meeting at a preferred location (San Diego Rescue Mission, Bread of Life, TBD). The facilitator will communicate with you after your meeting is scheduled.
4. Coordinate with your Neighbor to determine who will be invited; their **'circle of support'** and help invite them to the gathering. These 2 to 3 people should be currently involved in your Neighbor's life and may be a family member, close friend, case manager, service provider they trust, or anyone else your Neighbor chooses. If there is not a 'circle of support' your Neighbor can identify, you can still schedule the meeting with you, your Neighbor, and the facilitator.
5. This invitation can be a simple email request to come to a celebration of "....." and help develop their personal life plan, or a more formal 'invite' to a fun gathering celebrating and developing goals for ".....". The Walk With Me Team is available to help you with this.
6. Help coordinate transportation to the meeting and bring along some snacks, drinks or whatever you'd like to make a festive environment.
7. Come and enjoy the time celebrating your Neighbor with their **'circle of support'** and talk about the hopes and dreams, even small ones, they have for their life.

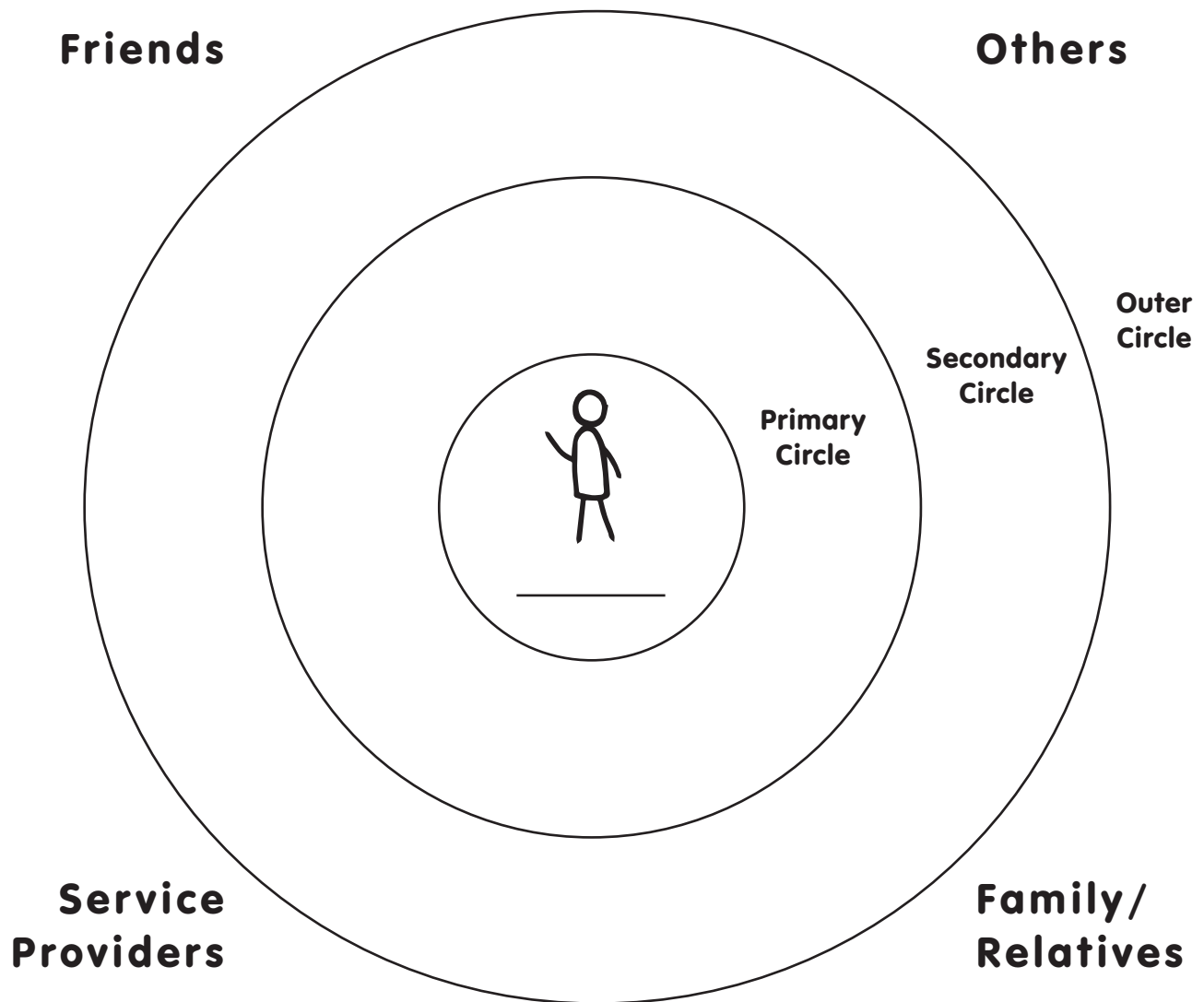
Here are a few scenarios to help you determine when to begin your Personal Journey Plan **Digging Deeper Activities**.

- Your Neighbor is hard to schedule and seems cautious about opening up. In this case, use the time with your Neighbor to listen and 'show up' even if you feel they are apprehensive. Consistency and time will be important, and it may take months before you can 'dig deeper' and move to the **Activities**.
- Your Neighbor is very open and excited to meet. You develop consistency in meeting quickly. It is ok to work on the five **Activities** after a few meetings. These worksheets are great conversation starters and can allow you to go deeper in a short amount of time.
- Your friendship isn't new, but you are both new to the Walk With Me program. After a few meetings, use your own judgment regarding when to introduce the **Activities** and how best to gather a deeper knowledge of their world.
- Your Neighbor does not like to talk about some of the areas that would allow you to get to know them better and isn't interested in filling out the forms. You can still fill them out to the best of your knowledge on your own. When you have a 'good understanding' about them as a person, you can go ahead and schedule the Personal Journey Plan after a few months of getting to know each other. Even though some people may not be able to 'dig deeper' they are still good candidates for developing goals and celebrating their gifts.

Relationships Map

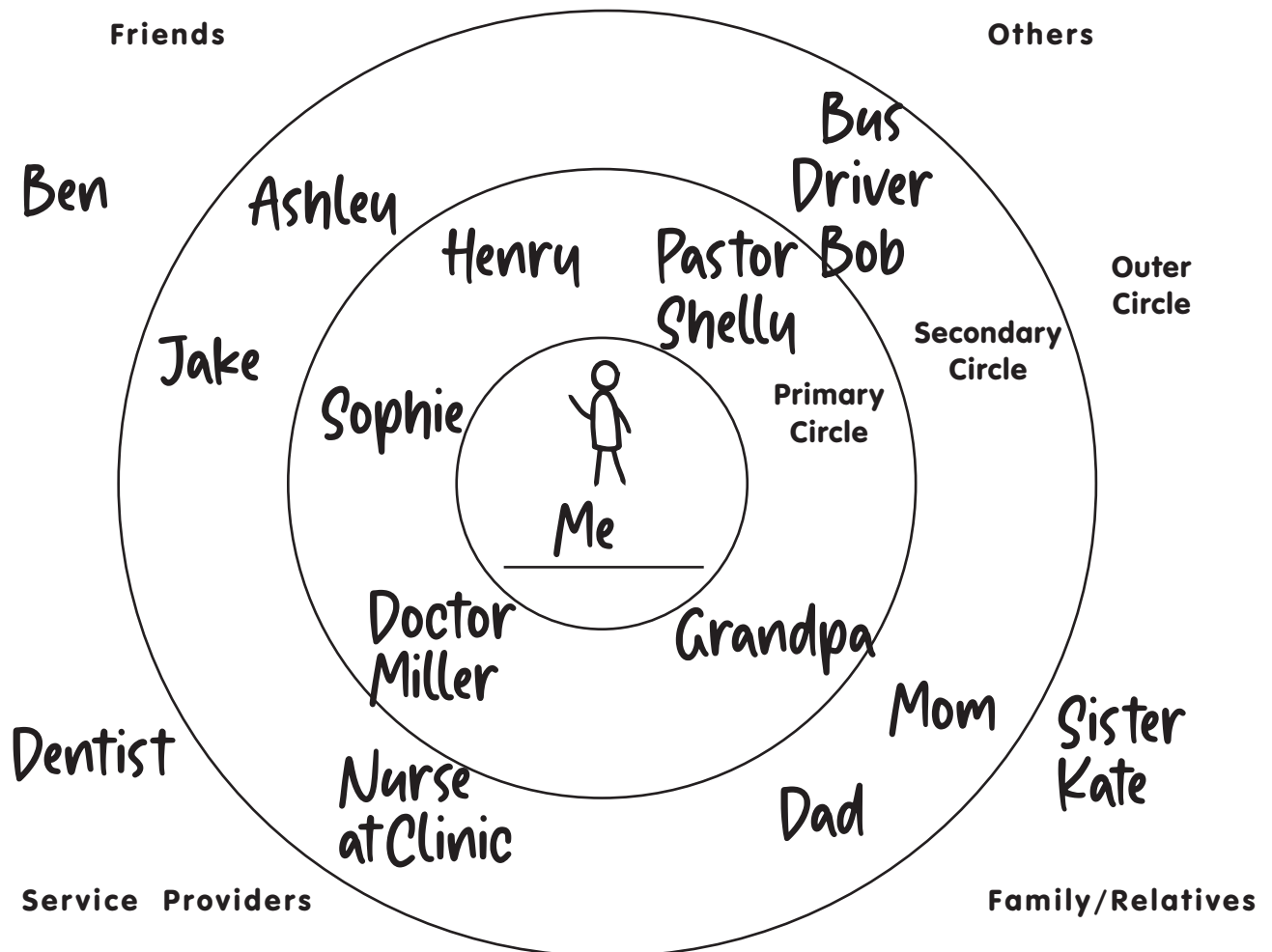
Who are the people you have a relationship with? Add names of people closest (primary circle) to you, those you are involved with on a regular basis (secondary circle), and those that you find meaningful but you connect with less often (outer circle).

Notice the 4 areas in each corner and place names accordingly.



Relationships Map


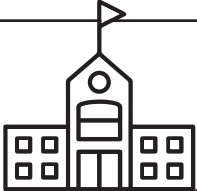









Who are the closest relationships in your life? Add names of people closest to you in the primary circle, those you are involved with on a regular basis in the secondary circle, and those that you find meaningful but connect with less often, in the outer circle. Notice the 4 possible relationships in each corner and place names accordingly.



This map illustrates closest and more distant, but meaningful relationships in your friend's life. The 'primary circle' is for those who are closest and who they see every day or whom they have a very close bond. The 'secondary circle' is for people the individual is involved with on a regular basis. The 'outer circle' is whom the individual knows and finds meaningful, but there is not as much opportunity to have contact. This form can change and be filled in overtime depending upon your friend's desire. Make suggestions, such as relatives, service provider, doctors or others, whom they may typically see.



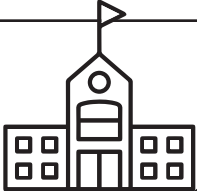








Places Map

Where do you spend your time?
Use the pictures below and/or add your own activities and places you visit.

		 <p>Work</p>	
	 <p>School or Class</p>	 <p>Stores</p>	 <p>Church</p>
 <p>Beach or Park</p>			 <p>Clinic or Doctors Office</p>
	 <p>Community Setting</p>		 <p>Sleep</p>
 <p>Transportation</p>			
 <p>Meals</p>	 <p>Wake Up</p>		

Places Map

Where do you spend your time?
Use the pictures below and/or add your own activities and places you visit.

		 <p>Work</p>	<p>No</p> <p>Bible Study Once a Week</p>  <p>Church</p>
	<p>Rachels Art Class</p> <p>School or Class</p> 	 <p>Stores</p>	<p>Clinic or Doctors Office</p>  <p>Clinic 1X/week Diabetes Check</p>
<p>Beach or Park</p> 		<p>Grocery Store 2X a week</p> <p>Sleep ZZZ</p> 	<p>Physical Therapy 1X week</p> <p>Dr. P's ortho 2X a Week</p>
<p>Bus to appointments</p>  <p>Transportation</p>	 <p>Community Setting</p> <p>Rachels 5 days a week</p>	<p>10th and Market</p>	
 <p>Meals</p> <p>1 at Ladel 1 at NAMI</p>	 <p>Wake Up</p> <p>10th and Market</p>		

This map is used to show where your friend spends their time in a typical week. Write in activities, appointments and hanging out places that are part of their life and add places if there is no picture. This activity may take time to complete as you get to know them and prompt them to recall their weekly activities. Each person's map will look different.



Road Map of Your Life

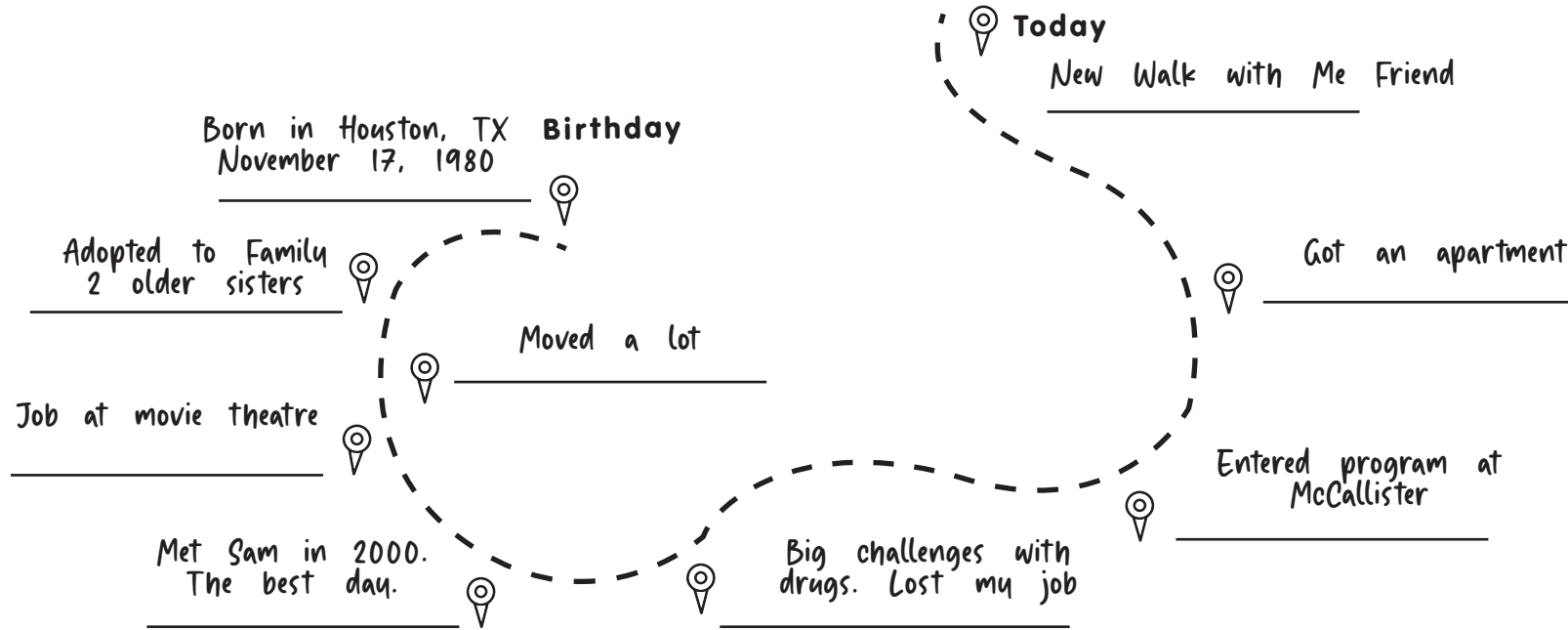
Briefly fill in and discuss your life, from your birthday to today. Talk about significant markers in your life that tell your unique story. If you aren't comfortable discussing some things, skip them and talk about your joyful times.

The form features a winding dashed line path that starts at a location pin icon labeled "Birthday" and ends at a location pin icon labeled "Today". There are 11 additional location pin icons along the path. Each pin is accompanied by a horizontal line for writing. The path starts at the top left, curves down and right, then loops back up and left, then down and right, and finally up and right towards the "Today" pin.



Road Map of Your Life

Briefly fill in and discuss your life, from your birthday to today. Talk about significant markers in your life that tell your unique story. If you aren't comfortable discussing some things, skip them and talk about your joyful times.



This map gives you a brief road map about what your friends life was like as a child to current times and perhaps how/why they ended up on the streets. Don't push for too much information if they are uncomfortable; the form can be filled out separately, on your own, as you discover their story over time. To spark memories, ask about family life, previous jobs, happiest times, etc. Some people will appreciate talking about their histories while others may be apprehensive. Be sensitive and patient.

Preference Map

WHAT WORKS?



What creates interest, engagement, joy?
What are some of your strengths?

- Drawing/Making jewelry
- Going to the park with friends
- Clean clothes
- Having a part time job
- Seeing someone I know

My Strengths are:

- Good at making jewelry
- Very friendly & helpful
- Organizing my things
- Keeping my appointments



WHAT DOESN'T?

What creates frustration, boredom or
feels upsetting? What are some of
your challenges?

- Waiting in line
- Pain in my foot
- People mean to each other
- Stealing

My Challenges are:

- Don't see very well
- Get frustrated very quickly
- Can't walk too far

This map explores what works and what does not work in a persons life. This is used to help discover capabilities to build on and conditions to avoid when looking at opportunities. This can be filled in as your relationship develops; you can encourage them to see the strengths and gifts God has given them.

Be sure the 'what works' section contains a longer list than the 'what doesn't work' section so they feel encouraged and more confident. During the PJP group meeting, this map will be revisited while discovering unique gifts as well as conditions to avoid as personal goals are developed.

Images of the Future

What do you desire for your future in each of these areas?
Be sure to add your hopes and dreams.



Living



Work



**Community
Life**



**Personal
Life**



walkwithme

Moving Forward Together



Images of the Future

What do you desire for your future in each of these areas?
Be sure to add your hopes and dreams.

Small yard and a pet
Live in an apartment
One or two housemates



Living



Work

Work around music and art
Part-time at a record store
Volunteer at the animal shelter



**Community
Life**

Go to the farmers market
Take an art class
Attend Church every Sunday



**Personal
Life**

Visit my mom more often
Have friends over to listen to music
Work on my jewelry making

This chart illustrates what the persons desire is for his/her home, job, community life and personal life. Participants of the Personal Journeys Plan bring together inner hopes and dreams with a new appreciation for the persons gifts and preferences to form a shared dream for the future.

This fully expresses a persons capabilities and interests in the community and in their life.



walkwithme

Moving Forward Together

