



Uniting for Change encourages self-advocates to explore, understand, and use **The Five Valued Accomplishments & Valued Experiences** by John and Connie O'Brien

The Five Accomplishments help us understand what it means to have a full life just like everyone else where we are...

- Actively involved and participating in our communities,
- Seen and respected in valued social roles,
- Present in ordinary spaces in our communities,
- Contributing our gifts, and
- Having real choice and control over our lives.

Think about ***what more is possible*** from these prompts. Ask for help if needed to write down your answers as you think about each of these Five Valued Accomplishments:

PARTICIPATION

What more is possible for you **participate in your community and belong**? Where are places you want to get involved?

VALUED SOCIAL ROLES

What more is possible for you to have more **valued social roles** (like employee, faith community member, neighbor, etc.)? Valued Social Roles help shape how you are seen and respected by others. What new roles would you like to explore?

PRESENCE

What more is possible for you to be present in the community and share ordinary spaces with others? Where do you want to show up and be more present?

CONTRIBUTION

What more is possible for you to **contribute and share your gifts with your community**? What would that look like?

CHOICE

What more is possible for you to have **real choice and control of your decisions**? What would that look like?

How will an Idea for Making Things Better Increase Valued Experiences

Use this worksheet to evaluate ideas - write the idea in the center circle. Then, think about what positive possibilities will come from moving forward with this idea for each of the five valued experiences that lead to the Valued Accomplishments.

Ways that doing this will increase

