

## FREE DOWNLOAD: SELF-DETERMINATION WORKBOOKS

### **“This is Your Life! Creating Your Self-Directed Life Plan”**

developed by the University of Illinois at Chicago National Research and Training Center on Psychiatric Disability, is an easy-to-use workbook that helps people with psychiatric disabilities think about, choose, plan for, and act on a life goal, with supports of their own choosing. The workbook has as its foundation both person-centered planning and the "stages of change" model. It guides people in mental health recovery to see that life change is a process, with natural twists and turns along the way. Access the following link to download the workbook for free:

<<http://www.psych.uic.edu/uicnrtc/self-determination.htm#tools>>

or contact the UIC Center's resource coordinator by email at <[mhsrpweb@psych.uic.edu](mailto:mhsrpweb@psych.uic.edu)>, for one free copy. The Center is funded by NIDRR and CMHS.

### **“Express Yourself! Assessing Self-Determination in Your Life”**

This workbook is designed to help you discover how much self-determination you have in your life. Access the same link above to download this workbook free of charge.