My Next Steps

Transition Plan

Side by Side Peer Navigator Program

Name	Date
Casey (fictional), age 16	12 October 2026
Who do I want to help me with this plan (if anyone)?: My dad, Lee. Helistens and helps only when I ask.	

About This Plan

This plan helps me choose my next steps. I can take my time, choose what matters to me, and change my plan when I need to. I can complete it on my own or with people who support me.

How to use this plan

- Choose a goal to start with.
- Read each question. Use the extra prompts if helpful.
- Type, write, speak, draw, point or use your communication device.
- I can complete this on my own or with someone I choose.
- Someone can record your answers and check them with you.

Tips for getting started

- Start small - one step is enough.
- You do not need all the answers. Your goal can be to explore an option.
- Ask for help when you want it.
- Use reminders (phone / calendar / support person).
- Skip extra prompts that you do not need.
- Take a break or change your mind at any time.

This plan can be used for:

- Setting goals for independence
- Guiding NDIS planning conversations
- Supporting school transition planning
- Identifying reasonable adjustments and supports in school, work or life

Find an idea for your goal

Choose something that matters to you. You can use these ideas or choose something else.

Topic	What could I explore
Knowing myself	My strengths, interests, feelings and what helps me. **What would I like to understand about myself?**
Self-advocacy	Speaking up, relationships, communication and my rights. **What would I like others to understand or change?**
Pathways	Further study, work, volunteering or another direction. **What would I like to find out about or try?**
Being Independent	Everyday skills, money, government services and health. **What would I like to manage or do differently?**

BUILD YOUR GOAL

1. Choose a Direction

Start with something that matters to you. It can be a change, an activity or something you want to find out about.

What would you like to do, explore or change?

I want to notice and describe how I feel before it becomes hard to explain.

Optional Prompt – Help me choose: Think about something you enjoy, something you wish was easier, or an option you want to explore. You can choose “not sure yet”.

2. Make your Goal Clearer

Describe something you could do or find out. You can have a big ambition and start with a smaller goal.

What would progress look like for you?

Try three feelings check-ins over one week. At each check-in, notice a body signal and choose a feeling word or “not sure”.

Optional Prompt – Make it clear: Choose an action or experience you can try. A goal can change as you learn.

PLAN YOUR NEXT ACTION

3. Find your starting point

Notice what you bring to this goal. Then choose what information or experience you need next.

What do you already know or do?

After a busy day, I sometimes notice a tight jaw or tiredness. Music can help me feel comfortable.

Optional Prompt – Help me get started: You do not need to list everything. Start with one thing you know and one thing you need to find out.

What do I need to find out?

Which feeling words make sense to me? Which body signals do I notice? The same signal might mean different things.

4. Choose a next step

Choose an action you can start. If it contains several tasks, make it smaller.

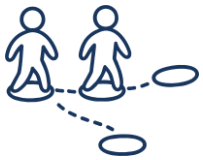
What is one action you could take?

Choose a short list of feeling words with my Dad. Include “not sure” and space for my own word.

Optional Prompt – Break this down: Choose one action you can start. Plan more steps when you need them.

When will I try and how will I know this step is done?

Tuesday 13 October 2026, after lunch. Done when: My list is saved on my phone and includes words I chose.



SUPPORT AND REVIEW

5. Plan for support

You can use tools, information, another person or a change to your surroundings. Support is optional and can change.

What would help you take this step?

A short word list, a quiet place and one reminder I choose. Dad gives me time and does not tell me what I feel.

Optional Prompt – Help me plan: Think about a time, cost, transport, unclear information or getting started. Name the help you want and what you could do if you get stuck.

If I get stuck what could I do?

Choose “not sure”, describe a body signal, or pause. I do not have to find the perfect word.

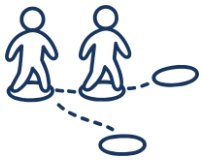
6 Review and adjust

Review your step after you try it. You can continue, change the step, get different support, pause or choose another goal.

What did you learn from trying?

On 14 October, I chose five feeling words and “not sure”. “Overwhelmed” made sense to me. I have made my list; I have not finished the three check-ins yet.

Optional Prompt – Help me review: Notice what happened and how the experience was for you. Finding out that something does not suit you is also useful information.



MY PLAN TO TAKE AWAY

Keep this page somewhere useful. Add a reminder if you want one. Your goal can change.

My goal:
Try three feelings check-ins over one week. At each check-in, notice a body signal and choose a feeling word or “not sure”.

My next action:
Choose a short list of feeling words with My dad. Include “not sure” and space for my own word.

Tools, information or support I want:
A short word list, a quiet place and one reminder I choose. Dad gives me time and does not tell me what I feel.

When I will try:
Tuesday 13 October 2026, after lunch.

This step is done when:
My list is saved on my phone and includes words I chose.

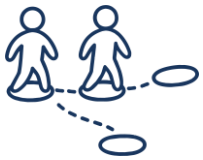
If I get stuck:
Choose “not sure”, describe a body signal, or pause. I do not have to find the perfect word.

When I will review and what I will check:
Tuesday 20 October 2026, after lunch.

I choose who sees my plan. I can keep parts private. I can use another copy for a different goal.

Check-In Plan

I will review this plan: on my chosen date
Review date: Tuesday 20 October 2026, after lunch.
I will check: Did I try three check-ins? Which words or body signals helped? Do I want to keep or change the list?
A small reward I choose: Listen to my favourite playlist.



How I can step out my goal

Start with step 1. These later steps can change after I try something. The goal is still in progress at the first review.

1 Make my list

Choose words that make sense to me. Add “not sure”.
Support: Dad helps if I ask.
Done when: My list is saved.

2 Try one check-in

After lunch, notice my body and choose a feeling word.
Support: Use my list. I can pause.
Done when: I tried one check-in.

3 Try two more check-ins

Use my list on two other days that week.
Support: Use a reminder I chose.
Done when: I tried three check-ins in total.

4 Review and choose

Notice what helped. Keep or change my list.
Support: Talk with Dad if I want.
Done when: I choose what to try next.

My next step after the first review: Try one check-in after lunch. Notice a body signal and choose a word or “not sure”.