

**The Art of
Storytelling:**

**Telling a
Story and
Taking A
Journey**



Strategies For Developing Life Goals:

What story would you like to your life to tell?



- Plot the sacred
- Plot out your struggles
- Plot your suspicions
- Plot your strengths
- Plot your suggestions



Developing life goals is about discovery.

Discovery requires a journey.

Journey begins with curiosity.



**Chart a course by
investigating your
suspicions.**



**What do you suspect
may be possible?**

All epic stories/journeys have one thing in common.

An attempt to do the impossible that led to experiencing something incredible.



**Chart your course
by plotting and
protecting the
sacred.**



Common support needs for individuals living with autism as they transition to adulthood.



- **Time**
- **Energy**
- **Expectations**
- **Social Calendar**
- **Sensory Resources**



**Chart your
course by
plotting your
struggles.**



**Hope is a function of
struggle.**

-Brene Brown



Learn to Struggle loudly

- Listen
- Opportunities
- Untangle
- Dedicated



**Chart your
course by
plotting your
strengths**



**Uncover ways to ensure
that your strengths don't
go:**

- **undiscovered**
- **undeveloped**
- **underdeveloped**



Chart your course by plotting your suggestions.



**Advocacy can be an
important
and rewarding
part of the journey**



**In order to make a
difference we have to
be willing to be
different.**

**When your voice is
absent
a void is present.**

