

ABOUT ME

Gifts / Strengths

What do I do well?
What do I do well at home or in my community?
What do other people say are my strengths?

Fears / Obstacles

What are some things that are hard for me?
What gets in the way of me achieving my goals?

Fun / Interests

What activities or hobbies do I enjoy?
What do I like to do in my free time?
Where do I see myself in the future?
Living? Working? Learning? Doing for fun?



Needs / Supports

What are the accommodations that help me?
How can others help me?
Where can I go for help in my community?