



Name: ...... Age: ......

What is important to me:			
People	Places		Things

## My aspirations and goals:

My hopes/dreams/ambitions for the future are:

What I hope to do after school:

Sometimes I worry about...

What people like and admire about me:

What my family like about me...

What my friends like about me...

What my teachers like about me...

## What helps me:

e.g. to try new things, to learn, to be more independent etc.

## What doesn't help me:

e.g. to try new things, to learn, to be more independent etc.