

My Profile



Name: Age:

What is important to me:

People:

Places:

Things:

My aspirations and goals:

My hopes/dreams/ambitions for the future are:

Work I'd like to do:

Sometimes I worry about:

What people like and admire about me:

My strengths are:

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.