

MY PROFILE



Name: Age:

What is important to me:

People:

Places:

Things:

My aspirations and goals:

My hopes/dreams/ambitions for the future are:

get a job	volunteer	something else...
do an apprenticeship	go to university	
live with friends	live on my own	
meet new people	set up a business	
go to college	go out more	

Work I'd like to do:

work with numbers	work with my hands	something else...
use computers	help others	
be outside	work with animals	
work on my own	work with people	
make things	teach people	
be inside	run a business	

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.