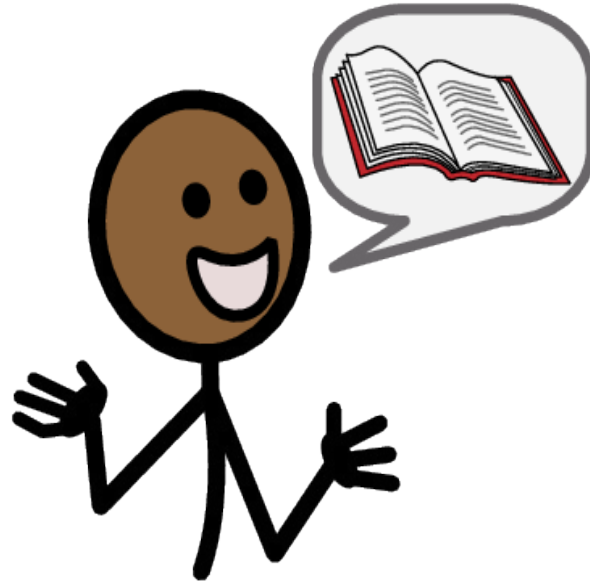




Who Am I?

Knowing about you is the foundation of good planning for your life and future.





What is your story?

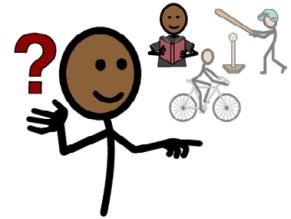
What is your story?

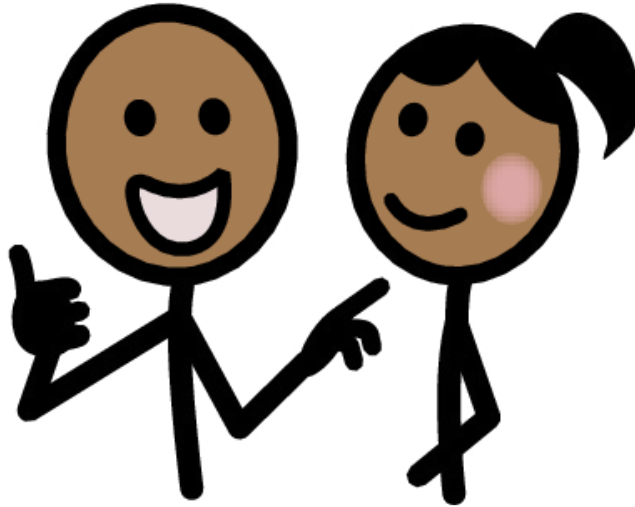
You and your supporters could reflect on things like:

- your family story, including your family's culture, religion, values and beliefs.
- significant events in your life.
- the best things which have happened.
- things which have happened which you feel bad about (if some very upsetting things have happened, you could ask for help to deal with them).
- times when you have been successful at something.
- things you have contributed to others or to the community.

What else is important to discuss or record about your story?

You can record these things in your planning manual.



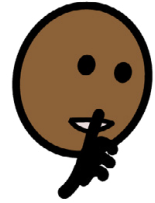


What are some great things about you?

What are some great things about you?

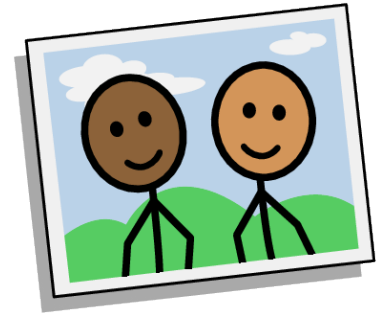
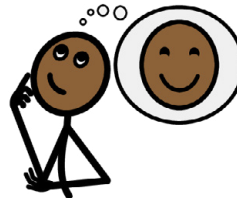
Think about the things that are great about you, and also who else you could ask. You might be great in some of these ways:

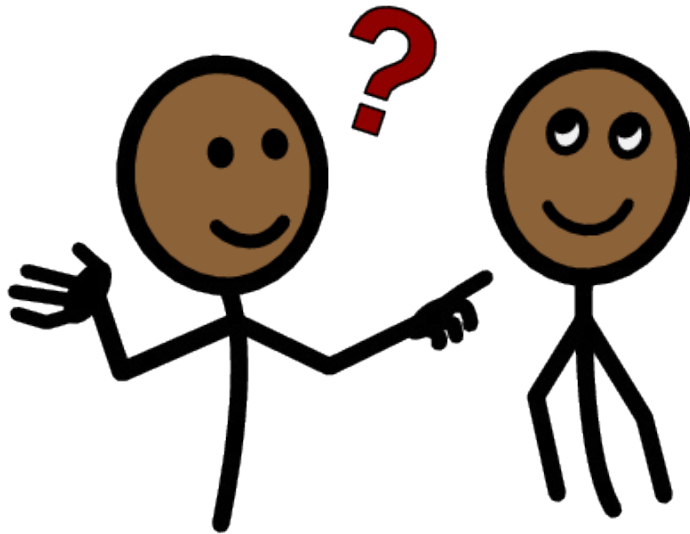
- being social with other people, or enjoying being alone.
- talking, or being quiet.
- being passionate about something, like music, books, cars or sports.
- recognising or being interested in people, or remembering names.
- noticing things about the world that other people miss, such as door frames, drains, the edges of things, different textures, colours or sounds.
- being funny, serious, happy, thoughtful or sensitive.
- being great to be around and to be with.
- being predictable, or being spontaneous.
- being fun and energising, or being calm and relaxing.



What are some great things about you?

Write them in your planning manual.



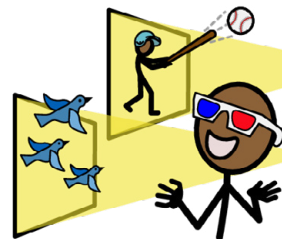


What do you like?

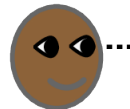
What do you like?

What are some of the things you like, for example do you like certain:

- types of music, movies or tv shows?
- types of food or drink?
- places?
- hobbies or interests?
- ways of interacting with things, such as taking them apart and putting them back together, or running your fingers through things like water or sand?
- batteries, trains, fabric, cds or other objects?

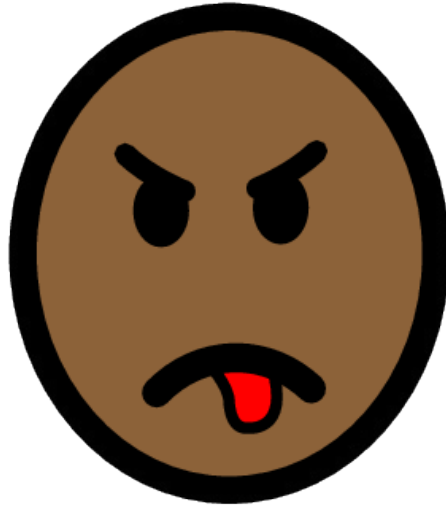


- textures or sounds?
- routines, or the order in which you do things?
- people?
- activities?



What do you like?

Record the things you like in your planning manual.

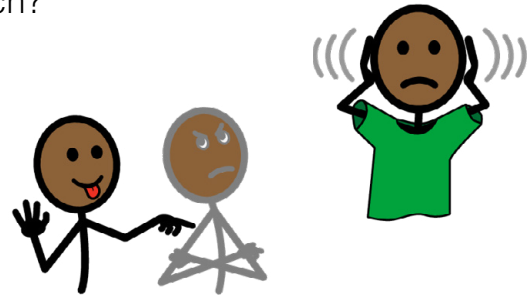
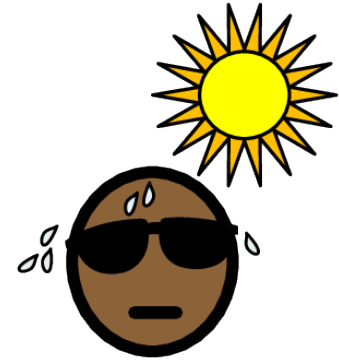


What don't you like?

What don't you like?

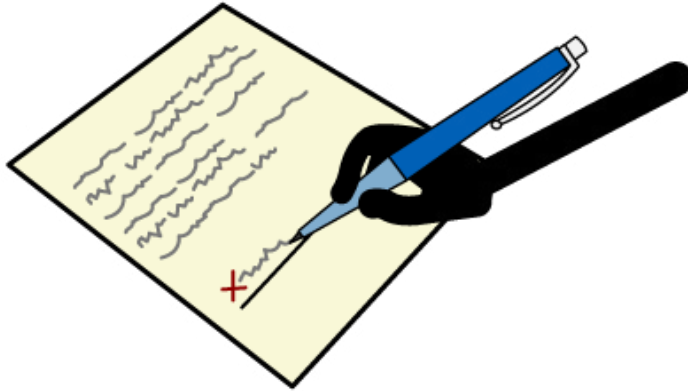
What are some of the things you don't like, for example:

- certain foods or drinks?
- temperatures, sounds or textures?
- places?
- ways of doing things?
- activities?
- being treated or spoken to in certain ways?
- when people talk about you in front of you?
- not knowing what is going to happen next, or when plans change without warning?
- being alone too much, or around people too much?



What do you dislike?

Record these things in your planning manual.

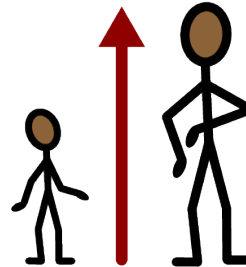
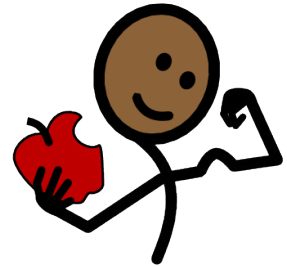
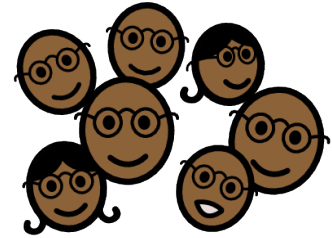


What is essential for you?

What is essential for you?

What is essential in your life to keep you:

- happy?
- safe?
- physically well?
- mentally well?
- feeling like your spiritual needs are met?
- connected with the people you like to see?
- learning and developing?
- from behaving in ways which might seem challenging in order to let people know you aren't ok?



What is essential for you?

Write these things in your planning manual.



What are your strengths?

What are your strengths?

You might be good at some of these kinds of things:

- knowing and understanding things, maybe from learning or from experience.
- asking questions.
- figuring out and reading people and situations, being sensitive to what others feel.
- organising and classifying things.
- taking things apart, or putting things together.
- creative thinking or problem solving.
- practical things, like cooking, mechanics, using a computer or making things.
- the arts, for example singing, dancing, painting or performing.
- influencing other people for example being welcoming, funny, understanding or a good listener.



What are some things which you are good at?

Write these things down in your planning manual.

