

This is me!



Government of **Western Australia**
Department of **Communities**

This project is an NDIS Information, Linkages and Capacity Building (ILC) initiative. For more ILC events and resources please visit <http://www.disability.wa.gov.au/wa-ndis/wa-ndis/information-linkages-and-capacity-building/resources/>

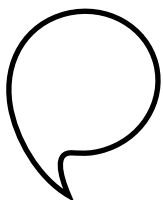
How to use the “This is me” page.

This activity is a great way to remind ourselves about the strengths others see in us!

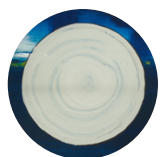
This is me!



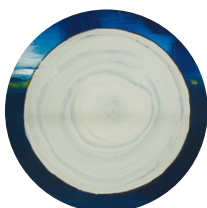
1. Write your name in the space.



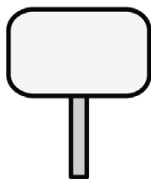
2. Ask your friends, family and helpers to fill in the speech bubbles about you and your strengths.



3. In the four blue corner circles write your goals, dreams for the future.



4. Write all your strengths around the big blue circle.



5. Write in the signs who can help you with each of your goals and dreams.



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Now is a great time to think about how you make your goals and dreams happen.

Information about your goals and dreams will help when you meet with your NDIS planner.



www.waindividualisedservices.org.au