



Derby City Council

My Life, My Journey

Getting to know me

Three Things About Me

Name

Age

Today's Date

Getting To Know Me

Three Things A Family

3 things I like

- 1.
- 2.
- 3.

Why?

3 things I don't like

- 1.
- 2.
- 3.

Why?

3 things I'd like to change

- 1.
- 2.
- 3.

Why?

3 things I'd like to stay the same

- 1.
- 2.
- 3.

Why?

Getting To Know Me

Three Things B Friends

3 things I like

- 1.
- 2.
- 3.

Why?

3 things I don't like

- 1.
- 2.
- 3.

Why?

3 things I'd like to change

- 1.
- 2.
- 3.

Why?

3 things I'd like to stay the same

- 1.
- 2.
- 3.

Why?

Getting To Know Me

Three Things C Feelings

3 things that make me HAPPY

- 1.
- 2.
- 3.

Why?

3 things that make me SAD

- 1.
- 2.
- 3.

Why?

3 FUN things

- 1.
- 2.
- 3.

Why?

3 things that make me WORRIED

- 1.
- 2.
- 3.

Why?

Is there anything else you'd like to tell us about how you are feeling?

Getting To Know Me

Three Things

D Me at My Best

3 things I do well

- 1.
- 2.
- 3.

Why?

3 things I am proud of

- 1.
- 2.
- 3.

Why?

3 things I don't do well

- 1.
- 2.
- 3.

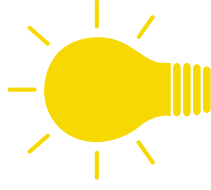
Why?

3 things I'm sorry about

- 1.
- 2.
- 3.

Why?

Action Plan



Name

What is going to help you?	How is it going to help you?	Who is going to help you?	When would you like it to start?
What else might help?			

Review



Name

How much has it helped you?

A lot

A little

Not at all

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