



Derby City Cou

My Life, My Journey

Who Am I?

How I See Myself
and

How Others See Me

My Life My Journey

Name

Age

Today's Date

How are you feeling today?

Happy



Sad



Excited



Sick



Tired



Bored



Confused



Angry

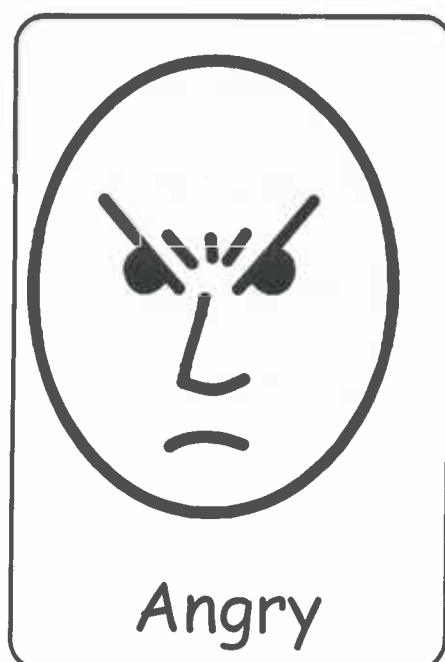
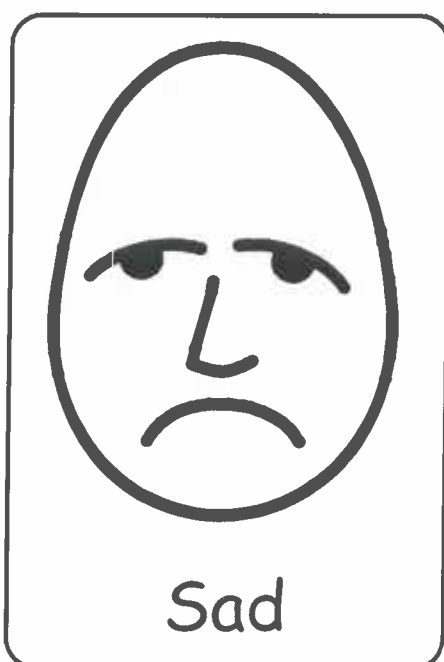
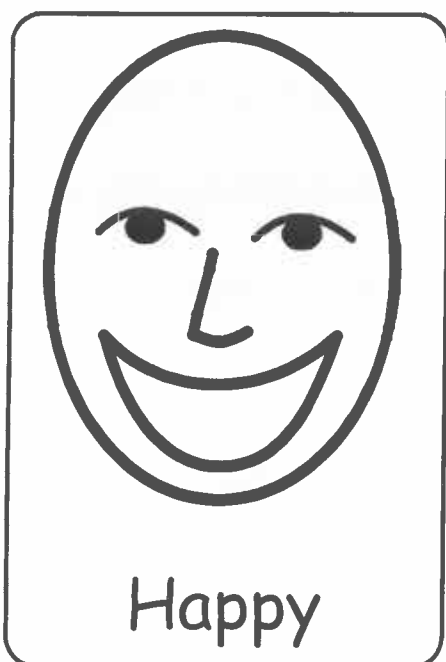


Frustrated



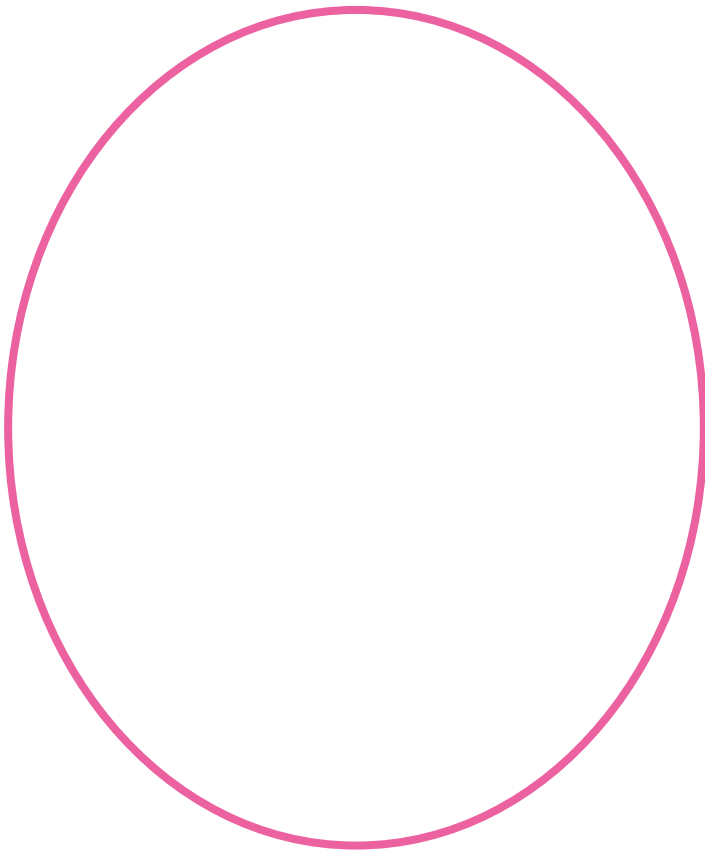
How are you feeling today?

A large empty rounded rectangular box for writing an answer.



How I see myself

Please add a photo, hand print or a drawing to describe yourself



Circle the words you would use to describe you

Happy

Confident

Worried

Angry

Fun

Sad

Calm

Boring

Friendly

Unfriendly

Or tell us any other words

.....

.....

How others see me

Circle the words you would use to describe you

Happy

Confident

Fun

Calm

Friendly

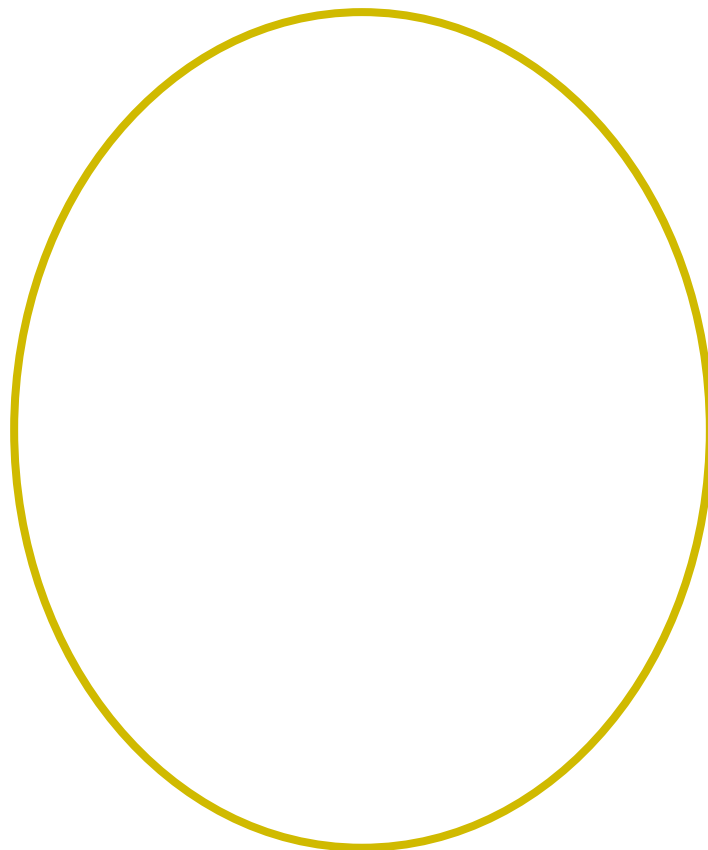
Worried

Angry

Sad

Boring

Unfriendly

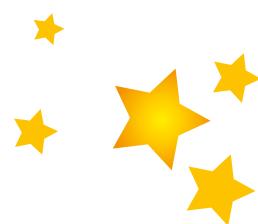
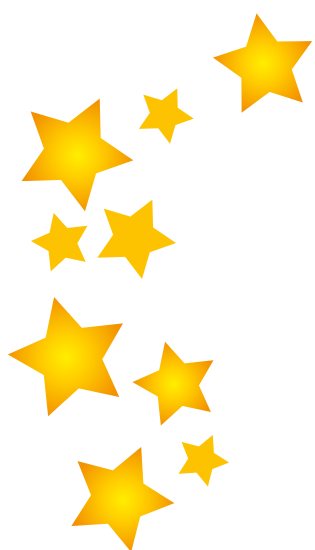


Or tell us any other words

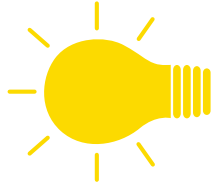
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This is what I would
change by waving my
magic wand



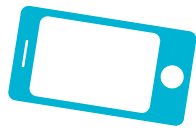
Action Plan



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

