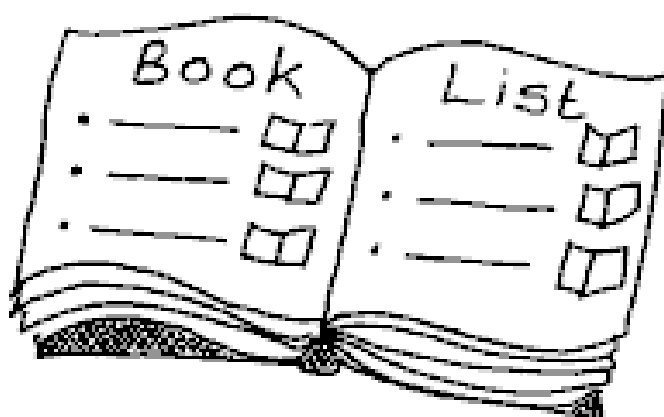


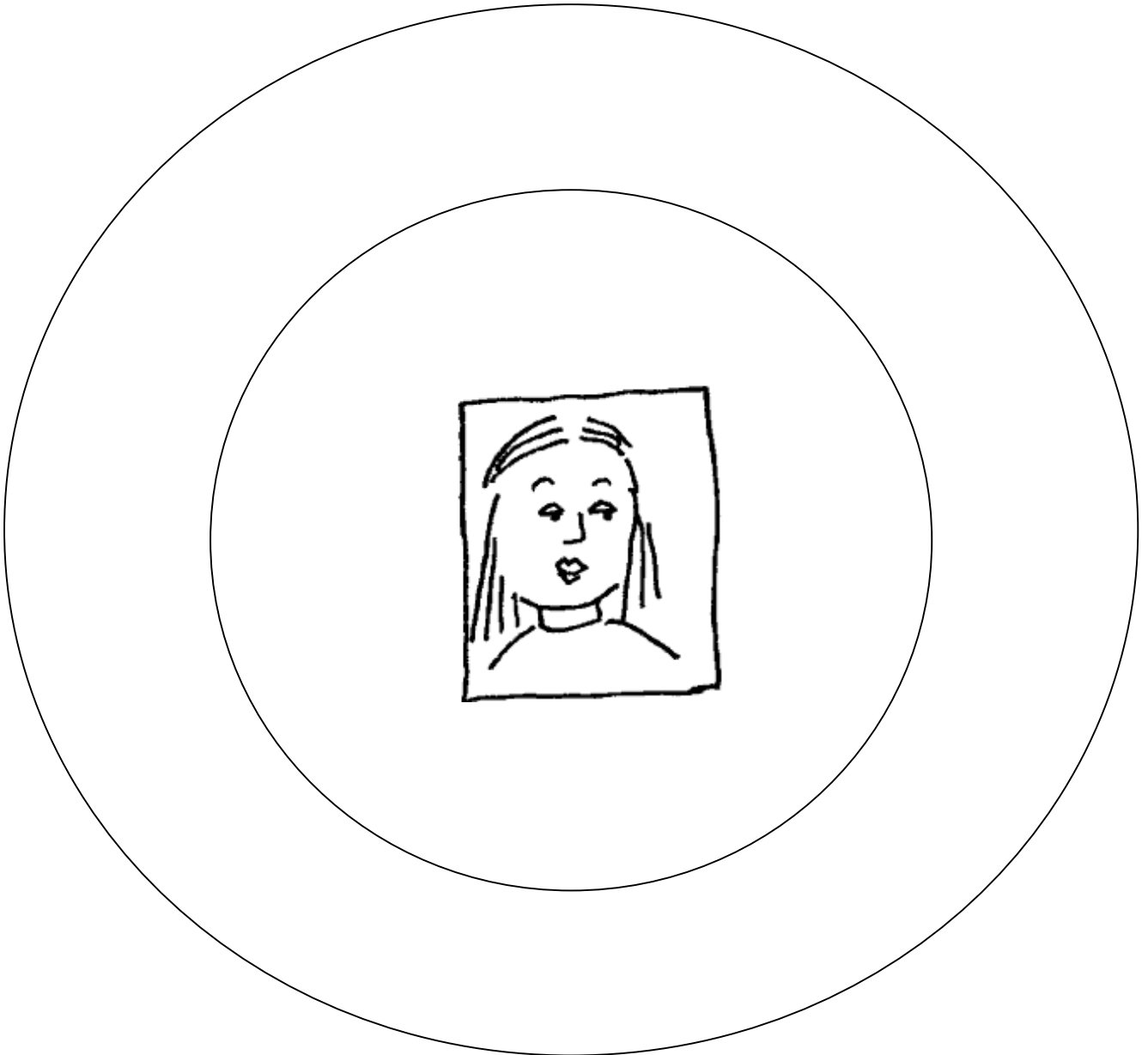
**This book is private. It belongs to:**



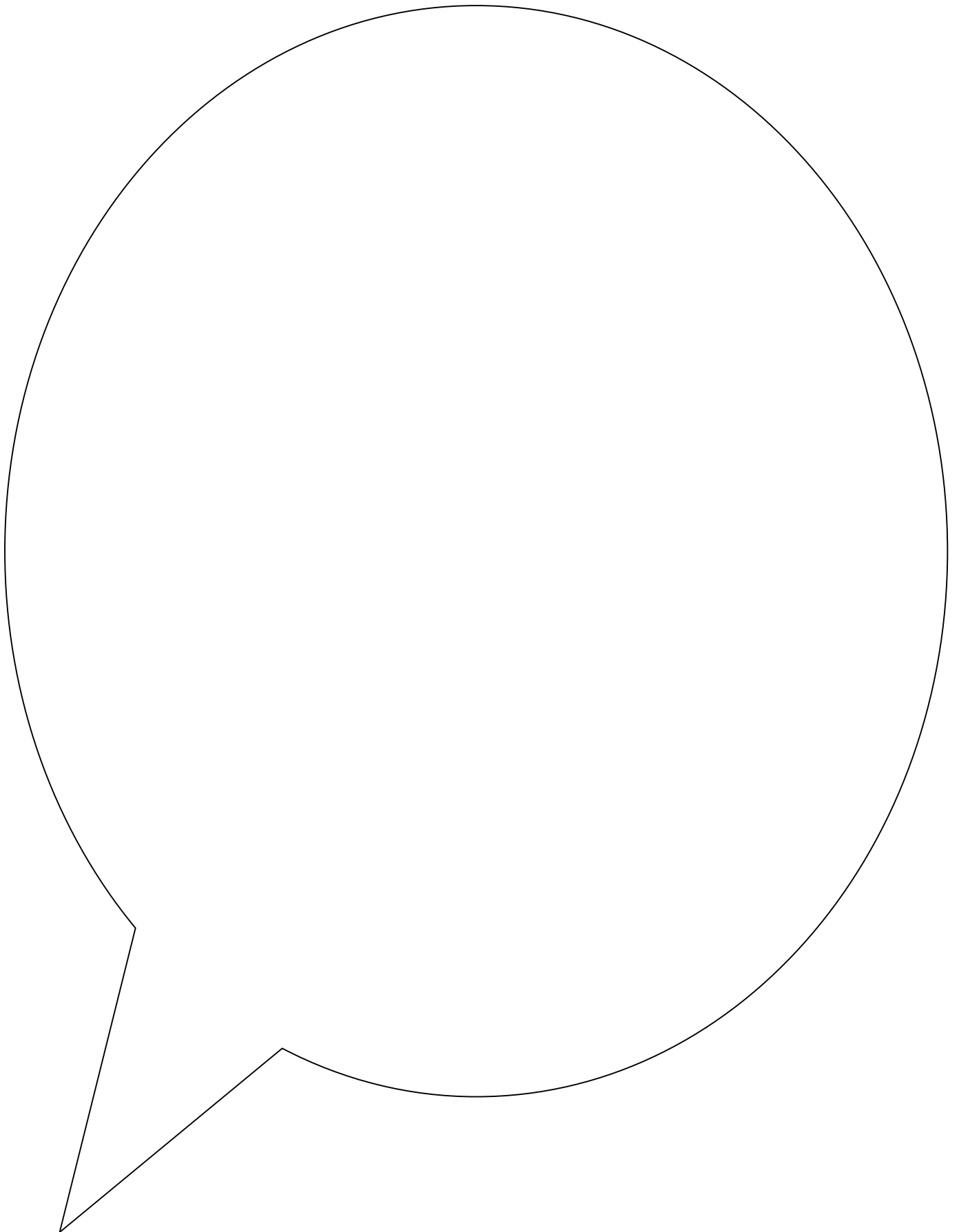
**Please don't read it unless you have my permission.**



**(1) Who are the people in my life?**



**(2) What others like and admire about me**



### (3) What things do I like to do?



What do I like to do?

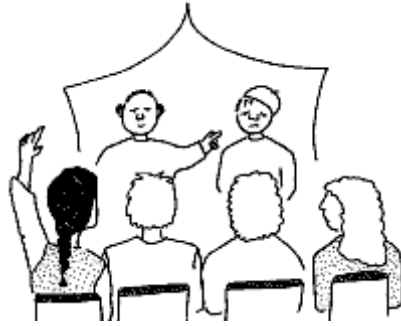
At Home?

At Work?

At the day centre?

What do I do just for fun?

On holiday?



What kind of music do I like?

What kind of films do I like?

What kind of food do I like?

Do I have any hobbies?

Do I collect anything?

What are the things that I don't like to do?

## My favourite things to do

At home?



Out and about?



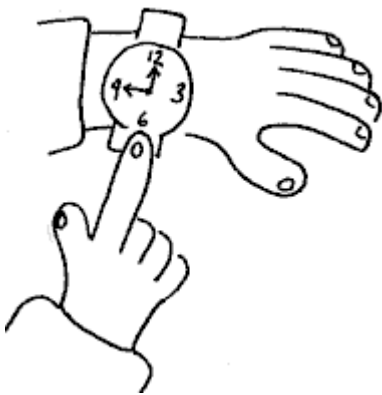
Things I don't like to do?



#### (4) Things to keep that are important to me

What are the possessions that I have that are important to me?

(for example, photographs? Watches? Or jewellery)



## (5) Food I like

What are my favourite foods?



What do I like to drink?



Are there foods that I do not like?



## (6) My mornings



What are my mornings like at the moment?

What do I do when I first get up?

What do I have for breakfast?

What time do I leave the house?

What makes me happy in the mornings?

Who do I like to be around?

What would my favourite breakfast be?

If I could do anything in the mornings, what would I do?

What sometimes makes me sad or angry in the morning?

Who makes me upset or angry in the morning?

What do they do or say?

What would be the worst breakfast be for me?

What kind of things annoy me when I first get up?

## My mornings now

When I get up

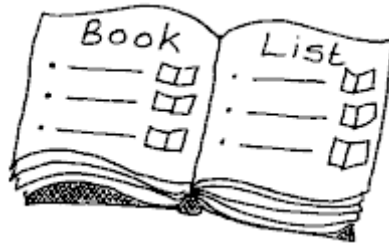


and then.....

Breakfast



## (7) During the day



In the week, what do I usually do during the day?

Where do I go?

Who am I with?

What kind of activities do I do?

What are the things that make me happy during the day?

Who do I like being with during the day?

What kinds of things do I like doing?

Where do I like to be?

What are the things that make me sad or angry during the day?

Who makes me upset or angry?

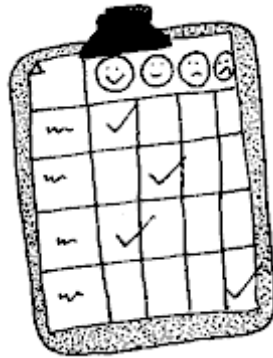
What do they do or say?

What kinds of things do I hate doing?

Where do I dislike going?



# My week now



Monday	Tuesday	Wednesday	Thursday	Friday

What makes me happy during the day?



What makes me sad or angry during the day?



## (8) In the evenings

In the week, what do I usually do in the evenings?

Who am I with?

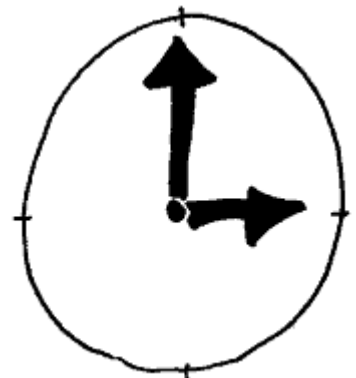
What kind of activities do I do?

What are the things that make me happy in the evenings?

Who do I like being with in the evenings?

What kinds of things do I like doing?

Where do I like to be?

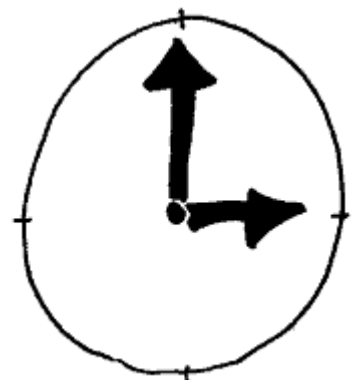


What are the things that make me sad or angry during the evenings?

Who do I dislike being with in the evening?

What kinds of things do I hate doing?

Where do I dislike going?



*My evenings now*

Monday	Tuesday	Wednesday	Thursday	Friday

What makes me happy in the evenings?



What makes me sad or angry in the evenings?



## (9) At the weekends

What are my Saturdays and Sundays like at the moment?  
Is there anything different about the weekend during  
the morning, afternoon or evening?

What is my favourite way to spend a weekend?

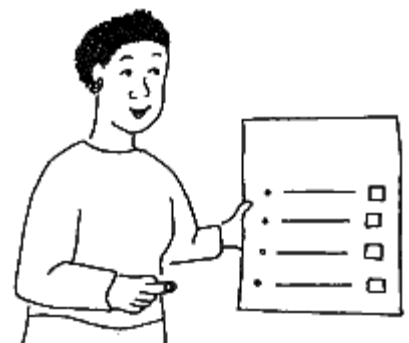
When would I get up?

Who would I spend the day with?

What would I do?

What would I eat?

What would I do in the evening?



What would be the worst way to spend a weekend?



Who would I spend the day with?

What would I do?

What would I eat?

What would I do in the evening?

## Saturdays and Sundays now

	Saturday	Sunday
Mornings		
Afternoon		
Evenings		

My favourite weekend would be....



My worst weekend would be....



## (10) What helps?

What helps me feel better when I have a bad day?



What makes me feel happy?



**(11) What makes me sad or angry?**

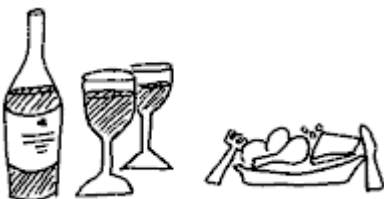


## (12) How do I celebrate?

What is my favourite way to spend my birthday?



What do I like to do for Christmas or other special times?



## (13) How do I look after myself?

What do I do to stay healthy and well?



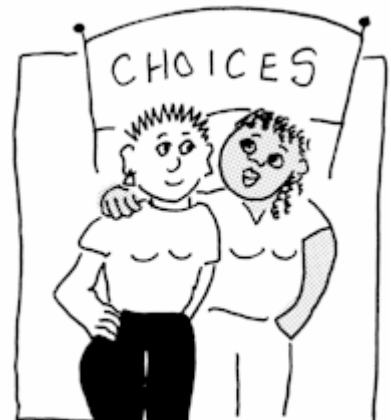
## (14) What changes would I like to make in my life?

If I could change something in my life, what would I change?

What would I stop happening?

What would I like to start doing?

Where would I like to go?



## (15) My hopes and dreams for the future

What are my hopes and dreams?

Where would I live? With whom?

What would I do during the day?

What would I do for fun?

## Putting this altogether

What is important in my life?

What support do I want?

Notes:

