LifeCourse One Page Person Centered Description

Name:_____ Date:_____

What People Like and Admire About Me:

- What do friends or family say is really cool about you?
- What do people say you're good at?
- What makes people smile when they're with you?
- What's the nicest thing someone has said about you?
- What do you think is the best thing about you?

ADD PHOTO to the next box

What's Important to Me:

People
- Who are your favorite people to be with?
- How often do you see them? Where do you like to hang out together?

If I could…
- If you had a whole day to do anything you wanted, what would you do?
- Who would you spend that day with?
- Where would you go?

I usually…
- What do you like to do after school or in the evenings?
- What do you do most weekends? What would you miss if you couldn't do it?

Favorites
- What's your favorite way to spend a Saturday?
- What's something you always take with you when you leave home?
- What's something you always keep in your backpack or pocket?

How Best to Support Me:

- What does a really good day look like for you?
- What makes a day not so good?
- What helps you feel better when you're upset or not feeling well?
- If someone new wanted to be your friend, what should they know about you?

Adapted for use by the Charting the LifeCourse Nexus-LifeCourseTools.com
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