



The people and pets closest to me...

People \_\_\_\_\_

Pets \_\_\_\_\_

Important events in my working life \_\_\_\_\_

I enjoy talking about \_\_\_\_\_

I am proud of these achievements \_\_\_\_\_

I have completed service with \_\_\_\_\_

What helps me to walk and stay active \_\_\_\_\_

What helps me to eat and drink \_\_\_\_\_

What helps me manage through the day \_\_\_\_\_

When dressing I prefer to \_\_\_\_\_

What helps me manage through the night \_\_\_\_\_

These are the things that make me feel anxious or distressed...

When I'm frustrated, distressed or emotional I will...

What helps me when I feel like this...

My 6 favourite artists or pieces of music are...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_