

WORKSHEET #1 – THE STORY OF YOU.



YOUR HISTORY:

What schools have you attended?

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What activities do you participate in at school? Outside of school?

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What special events have affected your life?

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YOUR PLACES:

Where do you like to spend your time?

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What do you like about these places?

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Is there anything you'd change about these places? What would that be?

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YOUR SUPPORT GROUP:

Which family members will participate in the transition programs you are or will be involved with now, and in your adult life?

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What agencies will be involved?

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Which friends or community members will play a part in your transition programs and your adult life?

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Your Story:

What is your biggest nightmare about life after high school? (We've all had one at one time or another, so don't be afraid to share, it's the best way to conquer it.)

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What are your biggest strengths, gifts and talents? (Don't sell yourself short, write them all down, these are what will make your dream possible.)

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What is your biggest need to make your dream come true?

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