



Derby City Council

My Life, My Journey

Who Am I?

How I See Myself
and
How Others See Me

Name

Age

Today's Date

Who Am I?

How I see myself

Please circle the words you would use to describe yourself

Happy

Worried

Confident

Angry

Fun

Calm

Sad

Boring

Friendly

Unfriendly

Please tell us any other words

Please tell us why you have chosen these words

Who Am I?

How others see me

Please circle the words you would use to describe yourself

Happy

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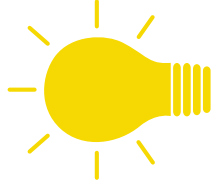
Friendly

Unfriendly

Please tell us any other words

Please tell us why you have chosen these words

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

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