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| **One-page profile** |
| **Who are the most important people in your life? How often do you see them and what do you like to do together?** | **What makes a good day and what makes a bad day?** | **What stresses you, upsets you or makes you unhappy and what can others do to help?** |
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| **What do you do each day or each week that you would miss if you didn’t do?** | **What possessions would you never leave home without?** | **What is it your friends and family like & admire about you?** |
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