



MY LIFE SERIES • ML-01

ABOUT ME

This page is a quick way to tell people the important things about me.

My name is: _____

I like to be called: _____

My birthday is: _____

IMPORTANT PEOPLE IN MY LIFE

- Name: _____
- Who they are to me: _____
- How they help or support me: _____

THINGS THAT ARE IMPORTANT TO ME

- Something I really enjoy: _____
- Something that helps me feel comfortable: _____
- Something I would like people to know about me: _____



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MORE ABOUT ME

You only need to fill in the parts that are useful to you.

WHAT MAKES A GOOD DAY FOR ME

- Things I enjoy:

- People or places I enjoy being with:

- Things that help my day go well:

THINGS I FIND DIFFICULT

- Things that can worry or upset me:

- Things I may need help with:

- Things I would prefer people not to do:

WHAT HELPS ME

- The best way to support me:

- Things that help me feel safe or calm:

- Anything else I want people to know: