



THIS IS ME



**ADD PHOTO
HERE**



THINGS I LOVE

- List beloved things here
- Include everything
- Add icons or images if you like



WHAT IS IMPORTANT TO ME

- List things that give you purpose or define you here
- Include everything
- Add icons or images if you like



PEOPLE APPRECIATE THAT I'M...

- List things you are good at or respected for here
- Include everything
- Add icons or images if you like

WHAT I FIND DIFFICULT

- List things you struggle with here
- Include everything
- Add icons or images if you like



WAYS YOU CAN BEST SUPPORT ME

- List helpful strategies that work for you here
- Include everything
- Add icons or images if you like





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THINGS I LOVE

**WHAT IS IMPORTANT
TO ME**

**PEOPLE
APPRECIATE
THAT I'M...**

**WHAT I FIND
DIFFICULT**



**WAYS YOU CAN
BEST SUPPORT ME**

