

- Going to school
- Being yourself
- Leisure time
- Looking after yourself
- Feeling normal
- Limitations
- Smoking, alcohol and drug use *



DAILY LIFE

- Friends
- Belonging
- Bullying
- Self-determination *
- Keeping up with others *
- Personal contribution *



PARTICIPATION

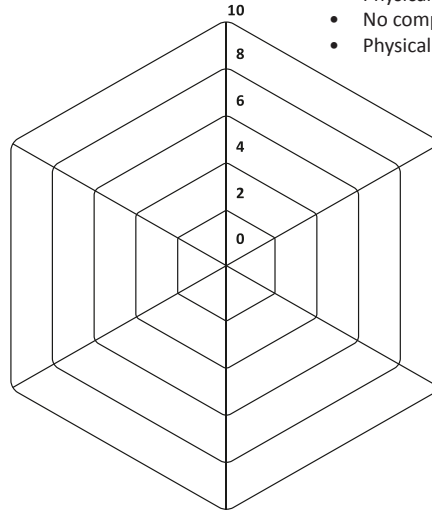


FEELING GOOD ABOUT YOURSELF

- Feeling good
- Having energy
- Eating healthily
- Sleeping well
- Sports & exercise
- Physical complaints
- No complaints and/or pain
- Physical appearance



MY BODY



MY FEELINGS AND THOUGHTS

- Managing your feelings
- Accepting yourself
- Fitting in
- Feeling positive about life *
- Knowing your limitations *
- Coping with adversity *



NOW AND IN THE FUTURE

- Looking at the future
- Culture and religion
- Having goals and dreams
- Making choices *
- Self-Knowledge *
- Role models *

- Enjoyment
- Happiness
- Cheerfulness
- A pleasant environment *
- Taking pleasure in doing things *
- Receiving support and understanding from others *

The following is particularly important to me _____