

- Going to school
- Being yourself
- Leisure time
- Looking after yourself
- Feeling normal
- Limitations
- No smoking, alcohol or drug use \*



DAILY LIFE

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

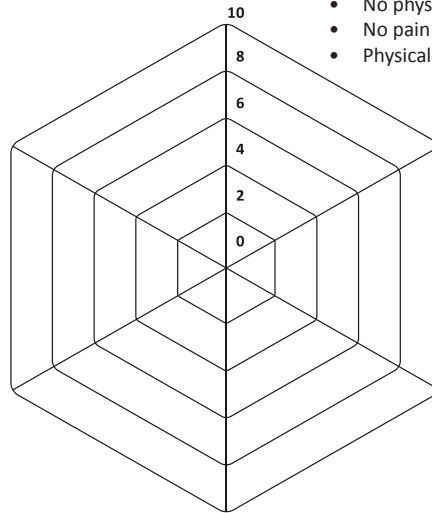


PARTICIPATION



MY BODY

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



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 \*



FEELING GOOD ABOUT YOURSELF

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

The following is particularly important to me \_\_\_\_\_