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My Journey



If I had one wish, I would change:

What upsets me or makes me worried in my life:

My one page profile

What do people like about me?

What I like about my life.

Things that are important to me?

**People helping me**

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What needs to change?

Who is going to help and when?

How is it going to happen?

My Journey

**People that are important to me**

What has changed?





What didn’t help?

What helped?

