



My Journey

# My one page profile

Things important to me:

What people like about me:

If I had one wish, it would be:

Things that make me worried or sad:

What I like about my life:



# People helping me

The worksheet features five large, empty, cloud-shaped boxes with a scalloped purple border, arranged in two rows. The top row contains three boxes, and the bottom row contains two boxes. These boxes are intended for students to write the names of people who have helped them.

# My Journey

Things that have to change:

How are they going to change?

Who is going to help and when?



# People important to me

The worksheet features five large, empty, cloud-shaped thought bubbles arranged in two rows. The top row contains three bubbles, and the bottom row contains two. Each bubble is outlined in a thin purple line and is currently blank, intended for a child to write the names of people important to them.



What has changed?



# What has changed?



What helped?

What helped?

What didn't help?

What didn't help?

