

Visual Toolkit

- ⇒ One-page plan
- ⇒ Circle of support
- ⇒ Good day bad day
- ⇒ Wishes and dreams
- ⇒ Important to me
- ⇒ Let's talk
- ⇒ All about me
- ⇒ Communication
- ⇒ Goals
- ⇒ My Life

A RANGE OF RESOURCES, PRESENTED VISUALLY, WHICH CAN HELP PROMPT CONVERSATIONS, THOUGHTS AND IDEAS

COMPILED BY JULES BENTON APRIL 2019

Name:

Things I am good at

People who are important to me

Things that are important to me

Things I like to do and see

What I want to do in the future

What I don't want to do/don't like



When was this form completed?

Who helped you to complete the form?



Name:

Circle of Support - who are the people who can help me?



Name:

What makes a good and bad day?

Good day	Bad day
	

Name:
What do I want to achieve?
What are my outcomes/wishes/dreams?



Name:

What am
I good at?

Who can help me
in the future?

How would I
describe myself?



What support do
I need in the future?

What is important
to me?

Who is important
to me?

If you want to talk to someone...

Circle the things you want to talk about below.

You can circle as many as you like, or none if you would rather talk about other things. You can add your own ideas.

my life	family	parents/carers	home	money	
things I'd like to do	my plans	learning	qualifications	training	my options
my health	my opinions and thoughts	my feelings	relationships	other people	
	jobs	my behaviour			

Fill in your contact details below and an adviser will arrange to see you:

Name:

Address:

Postcode:

Telephone number:

Email:

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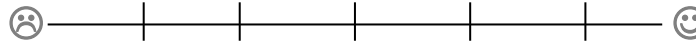
What do I think about myself?

Put a cross on the scale to show how you feel about each statement:

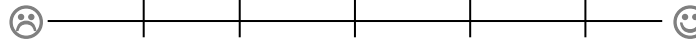
Disagree strongly

Agree strongly

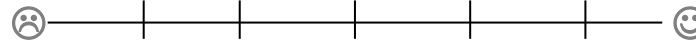
I can make friends



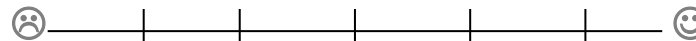
I will try new challenges



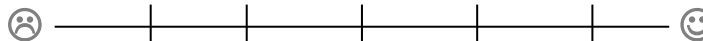
I have a good sense of humour



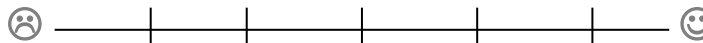
I feel I have control over my life




I feel good about myself



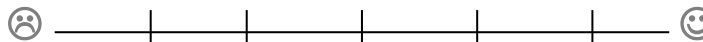
I feel confident



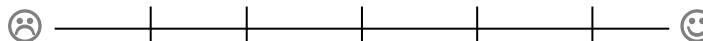
I think I look okay



I am happy



I always go to school



Name:

DOB:

Adviser:

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What do I think about myself?

Put a cross on the scale to show how you feel about each statement:

Disagree strongly

Agree strongly

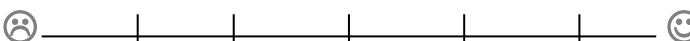
I never worry about things



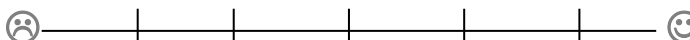
I like to try new things



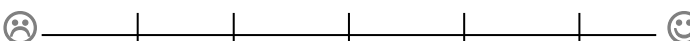
My timekeeping is good



I always turn up to appointments



I work well in a group



I like being on my own



I don't lose my temper



Name:

DOB:

Adviser:

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Communication

How good are you at... (tick your answer)	Never good	Not very good	Quite good	Very good	I don't know	Target
Talking to a friend						
Talking to a group of friends						
Talking to someone in authority (e.g teacher, boss, police officer)						
Talking to new people you have just met						
Listening when people talk to you						
Asking questions if you don't understand something						
Answering questions						
Keeping still and not fidgeting too much						
Speaking clearly and not mumbling						
Explaining something to a group of people						

Name:

DOB:

Adviser:

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Overall Goal(s)



Talk to your adviser about your goals and see how you get on with them

Targets, key actions and target date	I won't	I can't	I don't know how	I wish I could	I think I might	I think I can	I can	I will	I did	Date complete
Who is this target for?										
Who is this target for?										
Who is this target for?										

Notes:

Name:

DOB:

Adviser:

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My Life Wheel

Name:

Date:

