

- sympathetic
- Strengths**
- I am good listener
 - I am sociable
 - I am friendly
 - I am outgoing
 - I help others
 - I finish everything I start

- Weaknesses**
- I am not good with time management
 - I am not very creative
 - When I have stress it is hard to do things
 - I am little insecure
 - I forget things.

- T** I have a lot of stress
- Stress**
- lack of sleep, makes me
 - not enough time
 - bad friends, have negative
 - negative comments
more, we feel bad

- Op**
- friends can help me a lot
 - teachers, teach and help me
 - being around people who understand me
 - I can be less quiet.
 - look things up, for looking for help and info
 - look/internet for new opportunities.

2 goals one - year period:

Get driving license and finish first year of school

two goals for a four - years period

Finish school completely, move out of home.

two goals for a five year period

Start high school and have moved in to a new home.