

- sympathetic
- I am good
 - I am kind
 - I am sociable
 - I am friendly
 - I am always going
 - I help others
 - I finish everything I start

Strengths

- 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.

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- I have lot of stress
- Stress
- lack of sleep, wakes me up
- not enough enough time to do things
- bad friends, have negative influence
- negative comments make me feel bad

Op

- friends can help me a lot
- teachers, teach and helping
- being around people who understand me
- I can be less孤僻。
- ~~tech things~~ for looking for help and info
- books/internet for new opportunities.

2 goals one-year period:

Get driving license and finish first year of school

two goals for a four-year period

Finish school completely, move out of home.

four goals for a five-year period

Spend high school and have moved on to a new home.