



Says

What have we heard them say?  
What can we imagine them saying?



Thinks

What are their wants, needs, hopes, and dreams?  
What other thoughts might influence their behavior?



**Persona's name**  
Short summary of the persona

To achieve the best virtual background effect, Zoom recommends using a high-contrast, solid-color backdrop, preferably a green screen

is an AI-powered virtual background tool for Zoom meetings that enables users to create unique and creative backgrounds in seconds.

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The NDIS refers to hopes and dreams as 'aspirations'. Aspirations are **things you would like to happen in future**. Some might be big and long-term and may seem impossible, while others might be smaller

In other words, if you are aware of your thoughts and attitudes, you can choose to change them.

It's OK to be ambitious when stating your future goals, but it's also important to be realistic and remain relevant to the conversation you're having.

My biggest dream is to make enough money to ensure myself a beautiful life and to be able to help all the people that helped me get there

Develop strong, good self-concepts, which will hold well into elementary school years. Be happy with school ideas and new friends

You might dream of being your own boss or travelling the world and going on Instagram-worthy adventures.

Giving, Relating, Exercising, Appreciating, Trying out, Direction, Resilience, Emotions, Acceptance and Meaning.

▼  
Dreams are images, thoughts, or feelings that occur during sleep

learning objectives should be Specific, Measurable, Achievable, Result-oriented, and Time-bound



Does

What behavior have we observed?  
What can we imagine them doing?



Feels

What are their fears, frustrations, and anxieties?  
What other feelings might influence their behavior?