



Know your Interests, Strengths, and Needs

(Changed and adapted from the Transition Planning Resource Connections)

Building a Picture of Yourself

Knowing yourself will help you know where and how you could find friends. Filling the tables below can be helpful. They can help you have a more clear mental picture of yourself. Ask someone who knows you well to work with you.

Characteristics and Qualities

List as many points as you can think of in the boxes on the right.

QUESTIONS	YOUR ANSWERS
What are your strengths?	
What are your interests?	
What do you like?	
What do you dislike?	



How do you communicate with people? (Example: quiet, talkative, use a communication device?)	
What are your accomplishments? (Example: I can swim 4 lengths of a pool, or I have learned to use public transit.)	
What are your gifts? (Example: I have a gift with animals, or I have a gift for knowing when others are unhappy and cheering them up.)	
What are some words that describe you? (Example: outgoing, positive, picky, good reader, shy, funny, patient, etc.)	

What are your needs?

In this table, list the supports you use now and those that you will need in the future.

QUESTIONS	ANSWERS
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<p>What services and/or supports do you currently need?</p> <p>(Example: someone helps you with meal planning, cooking, or with budgeting. Or someone drives you when you go out.)</p>	
<p>Who are your friends or family members that presently help you with these supports?</p> <p>Put an X beside ones that a new friend might enjoy helping you with.</p>	
<p>Are there things you can learn to do yourself, and want to learn, so that you would not need some of these services or supports?</p> <p>What are they? (Example: How to take the bus to work.)</p> <p>Put an X beside any that a friend or volunteer could teach you.</p>	

What are your activities and resources?

QUESTIONS	ANSWERS
What people resources do you have to draw on in terms of help	



<p>from your family? From friends or your Circle? From paid support people or services?</p> <p>How can these people be helpful to you in meeting friends?</p> <p>(Example: A support person might attend a class with you. Or your brother might drive you to a place where you volunteer.)</p>	
<p>What activities are you presently involved in?</p> <p>Put an “X” beside the ones you most enjoy.</p> <p>Put a double “X” beside those where you meet people who might become your friends.</p> <p>(Example: A job or coop placement, a club or group or sport, going to a movie, playing certain games, or get-togethers with certain family members or friends.)</p>	
<p>What financial resources (money) do you have for activities you participate in or that you would like to participate in?</p> <p>Do you have enough money for the things you want to do?</p> <p>List the activities that you can afford with the money that you have.</p> <p>Are there any additional considerations?</p>	



Setting Your Goals

To help you set some goals for meeting people who might become your friends, some goal categories are listed in the following table. These are samples. Be free to change these categories so they fit you. There is also space to list your own categories at the end. Beside the categories that are important to you, write down your short-term goals or hopes (six months to one year) and your long-term goals (one to five years). Talk with a family member or close friend to get their suggestions and insights.

GOAL CATEGORY	MY SHORT-TERM GOALS (over 6 months to 1 year)	MY LONG-TERM GOALS (over 1 to 5 years)
<p>Create a Circle of Friends—If you do not yet have one.</p> <p>(Example: I will work with my family member or support person to develop a circle of 6-8 friends and family members who are committed to support me in my goals.)</p>		
<p>Keep my Circle of Friends active</p> <p>(Example: I will send emails or tyze messages to each person in my Circle every Sunday to tell them what I've been doing and how I am getting on with my goals. I will call a meeting of my Circle once a month. I will ask they to tell about</p>		

themselves also.)		
<p>Maintaining Friendships I have now</p> <p>(Example: I will strengthen friendships I have now with [Name or Names] by getting together once a week/month or by...)</p>		
<p>Join a new class or group</p> <p>(Example: I will join a fitness class, or I will see if there is a youth group I could join. I will invite one person from the class to my home or to....)</p>		
<p>Transportation</p> <p>(Example: I will learn to take a public bus to the places and people I like to visit.)</p>		
<p>I will look for a job or volunteer position</p> <p>(Give examples of where you will look.)</p>		



<p>Communication</p> <p>(Example: I will learn to use a cell phone or a computer and will stay in touch with friends by texting or calling them or using email.)</p>		
<p>Keeping Contacts</p> <p>(Example: I will keep an address book with me so I can ask new friends to write down their contact information. I write my plans on a calendar to keep track of them.)</p>		
<p>Other ways that I will look for friends:</p>		
<p>Other ideas that came to me as I filled out these tables:</p>		

