

1

What is important to you? What do you want to work on?

	“This is where I’m at right now”	This is where I’d like to get to”
Movement (eg. sitting, standing, walking)		
Self-care (eg. toilet, shower, dressing, cooking)		
Communication (eg. talking, understanding, reading, writing)		
Thinking / Feeling (eg. memory, organisation, emotions and coping)		
Activity (hobbies, leisure, work)		