

# My One Page Profile

My name

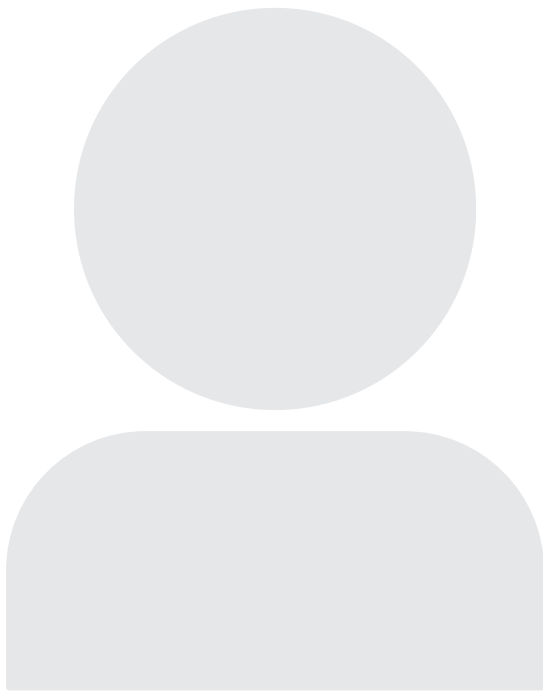
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My occupation

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Draw yourself.

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What people appreciate about me.

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What is important to me.

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How to support me.

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# My Wellness Profile

Things I normally look forward to and/or enjoy.



What I do to maintain my wellness.



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What I should consider doing to maintain my wellness.



My support system.



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What are my stressors?



Warning signs that I'm not doing well.

