

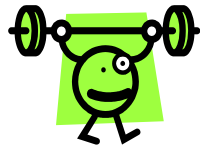
My Dreams, Strengths and Needs



YOU MAY WANT TO INCLUDE....



- My Dreams



- My Strengths



- What are my needs so I can reach my dreams?

Dreams, Strengths and Needs



My Personal Strengths and Dreams by Todd Washburne

I didn't know that I had a lot of strength inside of myself until I had to face hard situations. One difficult thing was getting a former staff person back only to lose her after a few months. The agency is not working well for me at the moment. I know I will get through it because I am basically a strong person who will bounce back. I have been through a lot in my life and it will get better.

As life goes on we need to find inner strength to meet the challenges that come our way. I would prefer to live by myself and have much to learn before I can take that giant step. For now I need help but I am strong enough to get there. First I must prove that I can be safe on my own. Money is a big challenge for me and I don't want to understand it. I am being strong about this and trying to hang in there until it makes sense. By finding that strength I can contribute more to

my life than I thought possible. Strength always seems to be there when we need it. We can always work hard on the things we care about in this world. My road is long but if I work hard enough I can get there.

The best we can do is to live our lives the best we can. The strength we need will come from inside ourselves. Giving up cannot be allowed if we are going to be successful in what we want – we can work hard enough to accomplish anything. We can do a lot more than we think we can and need to always remember that. The strength we need is within us. We need to put it to good use. Good luck finding your own inner strength to keep moving forward

My Dreams, Strengths and Needs

**It's Your
Choice!**

Close your eyes and picture in your mind:

- What do you dream of doing when you leave high school?
- Where do you see yourself living?
- What do you see yourself doing for work?
- What are you doing for fun?
- How are you getting around?
- Who are you with?



What are your strengths?

We are all better at some things than others.

Are you:

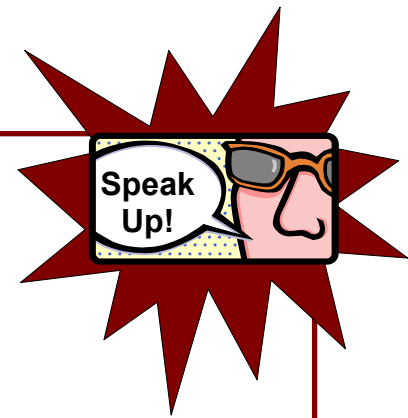
- Strong?
- A good reader?
- Good at remembering?
- A computer whiz?
- Good with money?
- Friendly?
- On time?

These are just suggestions. Do you know your strengths? Your team can help you uncover those inner strengths Todd talks about in his story.

Stumped? That's OK.

Let your team know you need help with this.

My Dreams, Strengths and Needs



**When you know your dreams and strengths,
you can develop realistic goals.
And it will be clearer what you need to reach them.**

**You and your team should
decide how to start.**

Who will you talk to?

But, remember, you have a say!!!

Where do you think you need to start?

- I want to work on dreaming about my future.**
- I need help finding my strengths.**
- How do I turn my dreams into goals?**
- Who is out there to help me?**
- Other _____**