**MY PERSONALITY**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_

The 3 words I was described as:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Answer the questions by circling the number you feel best describes you.

*Scale: 1 is the least, 5 is the most*

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| **a) I am a confident person**1 2 3 4 5 |
| **b) I know what skills a good parent should have**1 2 3 4 5 |
| **c) I am good at communicating**1 2 3 4 5 |
| **d) I am aware of what I need to do to be healthy**1 2 3 4 5 |
| **e) I can use transport without any help** 1 2 3 4 5 |
| **f) I know how to use my phone by myself**1 2 3 4 5 |
| **g) I know how to use the computer/laptop/tablet**1 2 3 4 5 |
| **h) I know what activities and services are there for me in my local area**1 2 3 4 5 |
| **i) I can use the health services on my own**1 2 3 4 5 |
| **j) I am able to easily make social contacts with people from different communities** 1 2 3 4 5 |
| **k) I am able to contact my children’s school on my own**1 2 3 4 5 |
| **l) I would like to work in the future**1 2 3 4 5 |
| **l) I would like to volunteer in the future**1 2 3 4 5 |