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| ***Identification*** | ***Life Projet (hopes, desires, dreams)*** |
| Last name : |  |
| First name : |  |
| ***My Strengths in 8 Life Areas*** (What I can do ; What I know; my skills, my talents , my qualities , my passions) |
|  **My Strengths** |
| 1. **Mental, cognitive and emotional health**
 |  |
| 1. **Physical health**
 |  |
| 1. **Environment, security and nutrition**
 |  |
| 1. **Budgeting and finances**
 |  |
| 1. **Leisure, hobbies, studies, work**
 |  |
| 1. **Civil status, social network, friends and family**
 |  |
| 1. **Access to services**
 |  |
| 1. **Sexuality**
 |  |
| 1. **Spirituality**
 |  |
| **Needs** | ACTUAL SITUATION(What I am satisfied with, what I am not satisfied with, what I am not capable of doing ; challenges)***What is happening now…*** | WHAT I WISH FOR(Hopes, needs)***What I want…*** |
| 1. **Mental health, cognitive and emotional**
 |  |  |
| 1. **Physical health**
 |  |   |
| 1. **Environment, security and nutrition**
 |  |  |
| 1. **Budgeting and finances**
 |  |  |
| 1. **Leisure, hobbies, studies, work**
 |  |  |
| 1. **Civil status, social network, friends and family**
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| 1. **Access to services**
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| 1. **Sexuality**
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| 1. **Spirituality**
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| ACTION STRATEGIES (Steps/Ways to do it)***What can be done…*** | WHEN***When it can be done…*** | PERSONS IN CHARGE***Who can do it…*** | **EVALUATION*****What are the results of our efforts …*** |
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| **What is the degree of person’s involvement in plan:** |
| **1) no involvement 🞏 2) a little involvement 🞏 3) somewhat involved 🞏****4) fairly involved 🞏 5) entirely involved 🞏****If not involved, why not ? :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**A copy of plan has been given to person: 🞎 yes 🞏 no If no, why not: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| Professional and naturel network involvement: |
| ***Name*** | ***Relationship*** | ***Telephone*** |
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