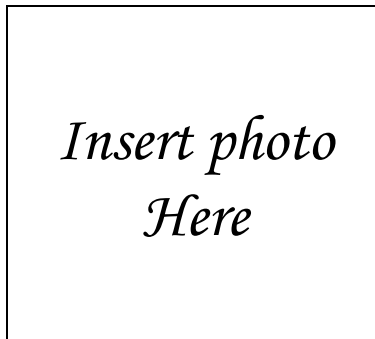


# *All About Me*

Instructions: Complete this information for each individual in your care. Place the completed document in an easy-to-access area such as the individual's main file or their basic information folder so that new or unfamiliar people who come into their lives can become easily familiar with their interests, likes and dislikes. This information helps as a place to start to get to know the individual as well as a way to identify activities they might enjoy which could be planned.



My Name is \_\_\_\_\_

My birthday is \_\_\_\_\_

## **Top 10 Best Things About Me!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**I Love** \_\_\_\_\_  
\_\_\_\_\_

**I Hate** \_\_\_\_\_  
\_\_\_\_\_

**I like to wake up at \_\_\_\_\_.** **I like to go to bed at \_\_\_\_\_.**

**You can tell I like something because I \_\_\_\_\_**  
\_\_\_\_\_.

**You can tell I don't like something because I \_\_\_\_\_**  
\_\_\_\_\_.

**It really helps me when you \_\_\_\_\_**  
\_\_\_\_\_.

*For the Following, Identify at least 5 of each:*

**Places I Like to Go:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite People:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite Restaurants:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite Stores:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite Foods:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite Drinks:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite Games:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite Songs:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite Sports (identify at least 5):** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite Books/Magazines:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Favorite TV Shows:** \_\_\_\_\_  
\_\_\_\_\_

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**My Favorite Movies:** \_\_\_\_\_

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**My Favorite Holiday is** \_\_\_\_\_.

**Some Other Tips About Me:** \_\_\_\_\_

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