



## Person Centered Planning Person Centered Thinking Tools

PCP is a planning process that gathers information about a person's wishes, desires and needs using:

1. ALL ABOUT ME
2. LEARNING LOG
3. BIOGRAPHY
4. LIKES AND DISLIKES
5. GOOD MOMENT/BAD MOMENT
6. MY FEELINGS
7. FAMILY LIFE
8. HOME AND NEIGHBORHOOD
9. COMMUNITY AND RECREATION
10. WORK: IMPORTANT TO IMPORTANT FOR
11. WORK: 4 + 1 QUESTIONS
12. SETTING PRIORITIES
13. ONE PAGE PROFILE

ALL ABOUT **ME**

My Name is \_\_\_\_\_ Date: \_\_\_\_\_

1. My most important possessions are: \_\_\_\_\_  
\_\_\_\_\_
2. My favorite places at home: \_\_\_\_\_  
\_\_\_\_\_
3. My favorite places away from home: \_\_\_\_\_  
\_\_\_\_\_
4. I have the most fun when: \_\_\_\_\_  
\_\_\_\_\_
5. For entertainment, I like: \_\_\_\_\_  
\_\_\_\_\_
6. The job I've had I've liked the best: \_\_\_\_\_  
\_\_\_\_\_
7. A job I never had but would like to try: \_\_\_\_\_  
\_\_\_\_\_
8. My favorite food: \_\_\_\_\_  
\_\_\_\_\_
9. My favorite music: \_\_\_\_\_  
\_\_\_\_\_
10. I want to get around by: \_\_\_\_\_  
\_\_\_\_\_



**LEARNING LOG FOR \_\_\_\_\_**

<b>Date</b>	<b>Activity</b>	<b>What I Learned</b>



**LEARNING LOG FOR \_\_\_\_\_**

<b>Date</b>	<b>Activity</b>	<b>What I Learned</b>

**BIOGRAPHY**  
**THE STORY OF MY LIFE**

**My name is** \_\_\_\_\_ **Date** \_\_\_\_\_

This is a brief story what is important to me. It may include where I have lived, gone to school, and worked, my family and friends, what I like about myself, what I like and don't like, and what I want my life to be like.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

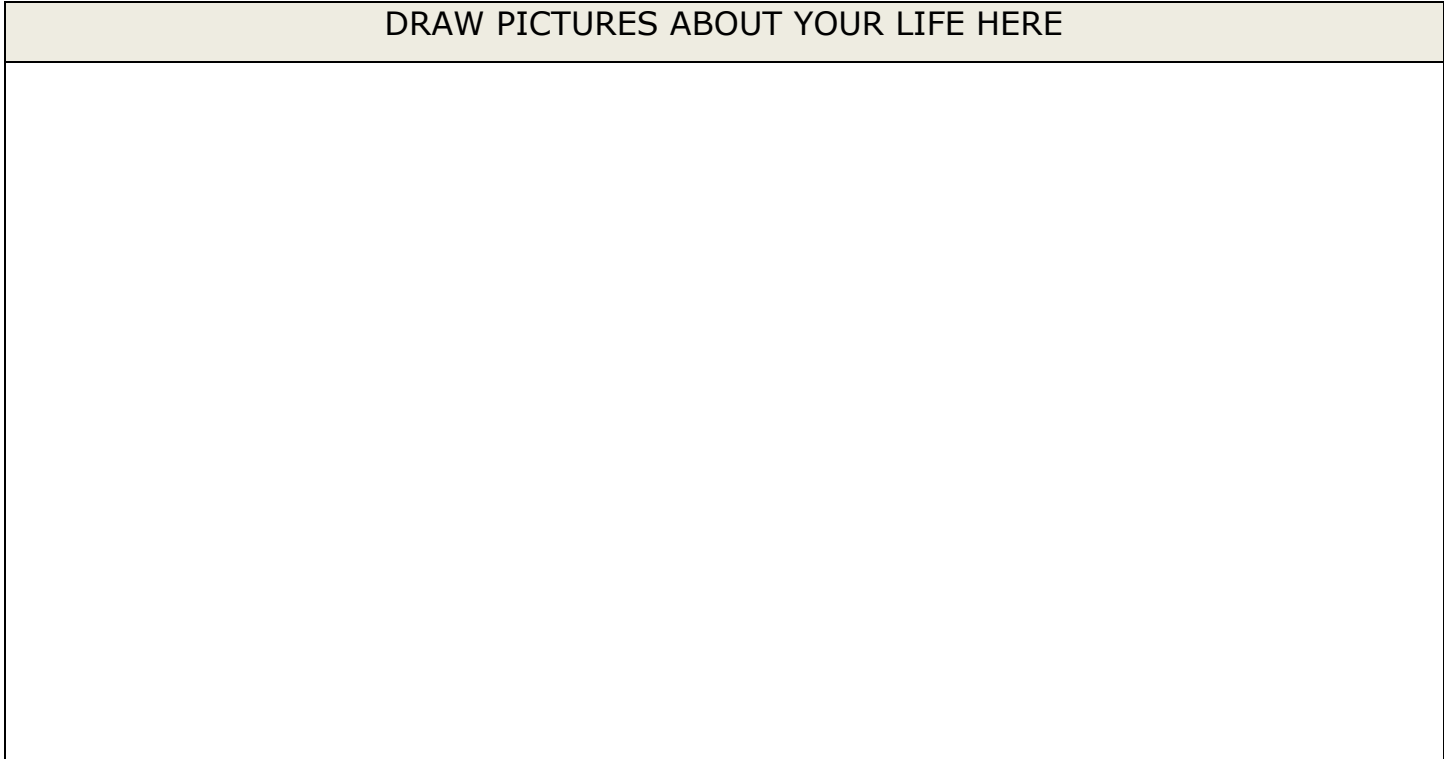
---

---

---

---

**DRAW PICTURES ABOUT YOUR LIFE HERE**



# LIKES AND DISLIKES

My Name is \_\_\_\_\_ Date: \_\_\_\_\_

My five (5) most important likes and dislikes (use pictures and words):



Things I <i>really</i> like:		Things that I dislike:	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Things that are just okay:		Things I <i>really</i> dislike:	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	



## Good Minute / Bad Minute



GOOD MINUTE	BAD MINUTE
I feel like I have achieved something or connected with someone. The things important to me are in place. I am healthy and safe in ways that make sense to me.	I do not find joy or meaning. I may feel nothing has gone well. Important things are not in place. I may not feel safe or healthy.
1. What makes a good moment:	1. What makes a bad moment:
2. Someone has helped me have a good moment:	2. Someone who usually makes moments bad:
3. In a good moment I like to:	3. In a bad moment I have (done):
4. In a good moment I like to go to:	4. In a bad moment I do not want like to go to:
5. Things that help me have a good moment:	5. Important things to know about me in a bad moment:
6. Other things that are important when I have a good moment:	6. Other things that are important when I have a bad moment:

3. Make lists or draw pictures about good moments and bad moments.

GOOD MOMENT	BAD MOMENT

# MY FEELINGS

**My Name is** \_\_\_\_\_ **Date:** \_\_\_\_\_

1. I laugh when: \_\_\_\_\_

\_\_\_\_\_

2. I am excited when: \_\_\_\_\_

\_\_\_\_\_

3. I am bored when: \_\_\_\_\_

\_\_\_\_\_

5. My comforts: \_\_\_\_\_

\_\_\_\_\_

6. I feel angry when: \_\_\_\_\_

\_\_\_\_\_

7. My interests: \_\_\_\_\_

\_\_\_\_\_

8. What I like most: \_\_\_\_\_

\_\_\_\_\_

9. What I dislike most: \_\_\_\_\_

\_\_\_\_\_

10. Ask me about: \_\_\_\_\_

\_\_\_\_\_



## FAMILY LIFE

**My Name is** \_\_\_\_\_ **Date:** \_\_\_\_\_

*This is about my preferences for family life. I know I can ask for help when I need it.*

I want to live \_\_\_\_\_  
\_\_\_\_\_ With  
\_\_\_\_\_ Near MY FAMILY  
\_\_\_\_\_ Far Away From

I want to talk with my family by phone:

\_\_\_ Everyday    \_\_\_ Several times a week    \_\_\_ Once a week    Other \_\_\_\_\_

I want to visit with my family:

\_\_\_ Everyday    \_\_\_ Several times a week    \_\_\_ Once a week    Other \_\_\_\_\_

Who in my family I want to see or hear from a lot:

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

Who in my family I want to see or hear from at least some of the time:

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

Who in my family I don't want to see or hear from at all:

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

What I want to do with my family:

a. Recreation: \_\_\_\_\_

b. Family Events: \_\_\_\_\_

c. Birthdays: \_\_\_\_\_

d. Holidays: \_\_\_\_\_

e. Other: \_\_\_\_\_

When I want help, advice or assistance from my family, they will know because:

---

---

---



## HOME AND NEIGHBORHOOD

**My Name is** \_\_\_\_\_ **Date:** \_\_\_\_\_

I live at: \_\_\_\_\_ in: \_\_\_\_\_

with \_\_\_\_\_

What I like about where I live now: (Such as, who you live with, location, the accessibility, and anything else you think is important.) \_\_\_\_\_

\_\_\_\_\_

What is important to me in a home: \_\_\_\_\_

\_\_\_\_\_

What I want to change about where I live: (moving, painting the walls, getting new furniture.)

\_\_\_\_\_

\_\_\_\_\_

The help and supports I need to live in my home: (people, assistive devices, accessibility, transportation, etc.) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What I do not like or want in a home: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## COMMUNITY AND RECREATION

**My Name is** \_\_\_\_\_ **Date:** \_\_\_\_\_

The things I like to do during my free time alone and with others:

---

---

---

---

Things I do in my community (volunteering, belonging to clubs):

---

---

---

---

New things or groups I would like to try:

---

---

---

---

# IMPORTANT TO/IMPORTANT FOR

My Name \_\_\_\_\_ Date \_\_\_\_\_

Things that are important to me.	Things that are important for me.

What do I want to learn? What do others need to learn about me?

**4 + 1 QUESTIONS ABOUT:** \_\_\_\_\_

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

WHAT HAVE I TRIED?	WHAT HAVE I LEARNED?
WHAT AM I PLEASED ABOUT?	WHAT AM I CONCERNED ABOUT?
WHAT DO I WANT TO DO NEXT?	



## SETTING PRIORITIES

**My Name is** \_\_\_\_\_ **Date:** \_\_\_\_\_

My future dreams that are most important to me and probably will stay the same.

1. My home and community: \_\_\_\_\_

---

---

2. My career/education/training: \_\_\_\_\_

---

---

3. My social/recreation/volunteering: \_\_\_\_\_

---

---

4. Other life goals: \_\_\_\_\_

---

---

# My One Page Profile

