

About my mind: additional information**Form B3.2**

About my likes & dislikes		
	Likes / favourites	Dislikes / least favourite
What are your interests / hobbies e.g. walking, reading, watching sport?		
What is your favourite and least favourite music?		
what is your favourite and least favourite song?		
What is your favourite and least favourite movie?		
What is your favourite and least favourite TV programme?		
What is your favourite and least favourite magazine/book?		
What is your favourite and least favourite colour?		
What is your favourite and least favourite flower?		
What is your favourite and least favourite season?		
What is your favourite and least favourite sport?		
What is your favourite and least favourite time of day?		
What is your favourite and least favourite radio station?		
What do you like to talk about?		
What topics upset you?		
What helps you to relax?		
What makes you distressed?		

What items do you have that are important to you? eg valued objects, photos, furniture, keepsakes	
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Future wishes / dreams	
Somewhere I have always wanted to go	
Something I have always wanted to do	
Something I have always wanted to learn	

About growing older:	
How do I feel about growing older?	
What's the hardest thing about growing older?	
The best thing?	
What expectations did I have about growing older?	
How I have prepared for old age	
How do I define a "good life" or a "successful life"?	

About my purpose in life:	
What do I see as my place or purpose in life?	
How did I come to that conclusion?	
My life motto is:	

