

### What is Important to Me

This section tells people, in your own words, what matters most to you.

Questions to help you:

- Who are the people who mean the most to you and what do you like to do with them?
- What are favorite hobbies, interests and passions?
- What are the things you like and/or enjoy doing?
- Who are the people that you love?
- What would you do if you could do anything you wanted to do?

### Your Picture, Name and Purpose for the OPD

### What People Like and Admire About Me

This section has a list of your positive characteristics that people value & appreciate about you.

Questions to help you:

- What do people thank you for?
- What would people close to you say they love about you?
- What are some of your accomplishments and awards?
- What do you think your best qualities are?

### How Best to Support Me

This section is what others need to know to support you to be the best version of yourself.

Questions to help you:

- Are there things that others need to know and do to help you have a good day?
- What makes you feel better when you are stressed, unhappy or not feeling well?
- If someone was supporting you for the first time, what would they need to know to get along well with you?