



Cindy Kernan

3 CONVERSATIONS

Asset Mapping
Positive Descriptions
Envisioning the Future

Person Centered Sessions WORKBOOK

Asset Map

Hint: Use specific names

Skills Interests Gifts

Write anything you-like to do for fun; are good at; interested in

Examples: For Fun-play baseball, rock n roll music-on my Ipod; I am good at basket ball; scrapbooking; helping others, learning about finding a job-computers...

Name of My Groups

Write the names of the your groups and organizations

Examples: East Side Methodist Church Choir and Sunday School; People First; East YMCA; Scrapbooking friends; Hang out group; ; family friends; best buds group; Time Bank; Swim Class; Card Club...

Name of My Places

Write the names of the places you go

Examples: I work at Pic n Save West Side. I take scrapbooking classes at MATC. I go to the dances at Poole's. My People First Meetings are on Main Street in Stoughton; Love to eat at the Pizza Hut on the west side; My favorite coffee place is ...I shop for groceries at... Exercise at Princeton West...

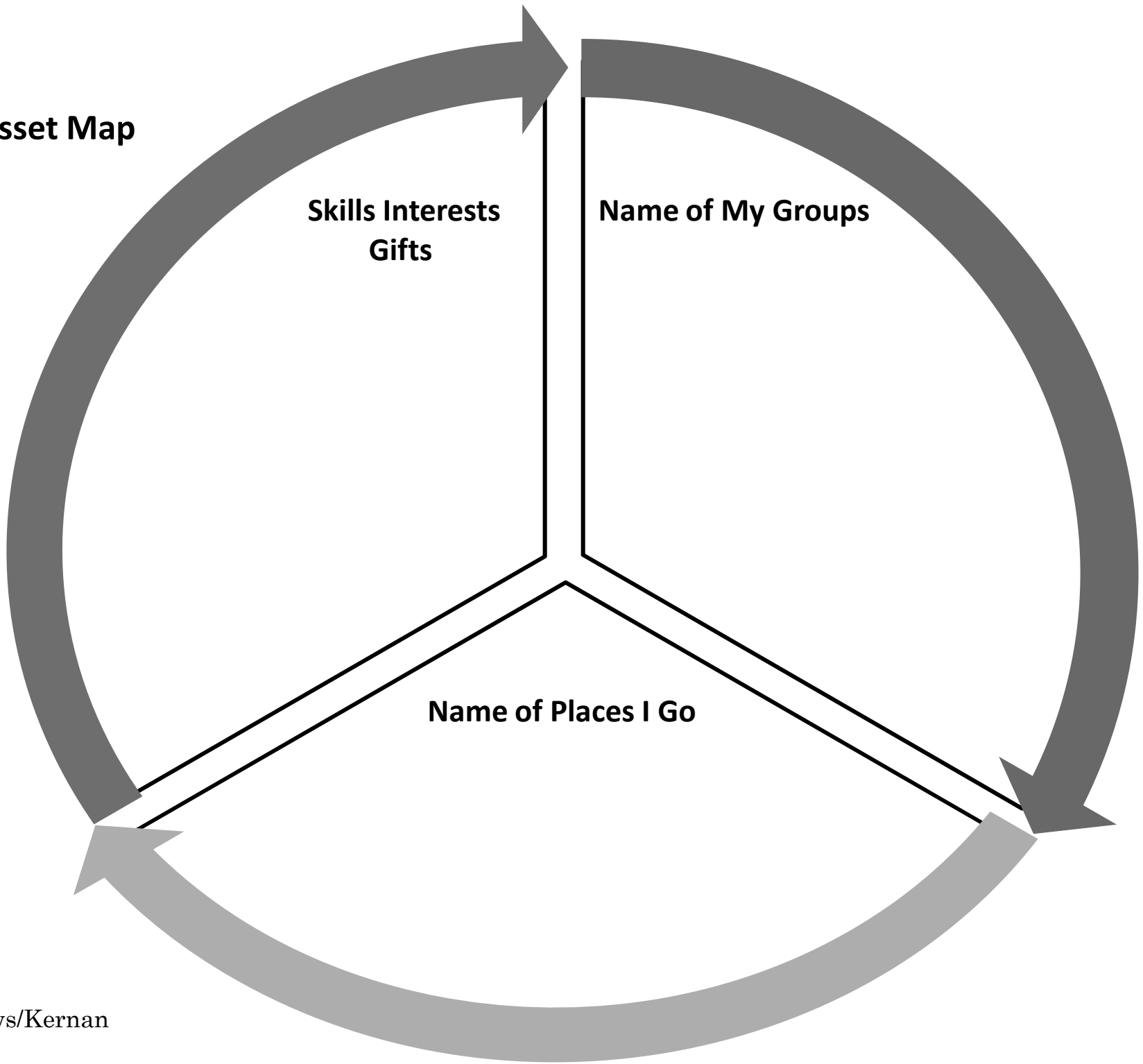
1st

Asset Map

**Skills Interests
Gifts**

Name of My Groups

Name of Places I Go



Name _____

Addressing Reputations

2nd

Positive Reputation

Write what you and others like and admire about your son or daughter .

What does she do well?

What does he really love to do?

How does she make you laugh?

No faint praise.

3 Mild Negatives

Write here the “negatives” that concern you.

For each negative ask:
Are there times when the negative is a positive?
Write that positive in the positive section.

What does the negative tell you about what is important to your son or daughter?

Is there a time when the negative really is negative? What should we do to support your son or daughter at that time?

Important to me

What do the positives and the negatives tell you about what is important to your family member

How to best support me

Do any of the positives imply something that could be done to support your son?

Has anyone ever done anything that helped make a good day even better?

Has anyone ever done anything that helped you have a better day?

Name _____

Addressing Reputations

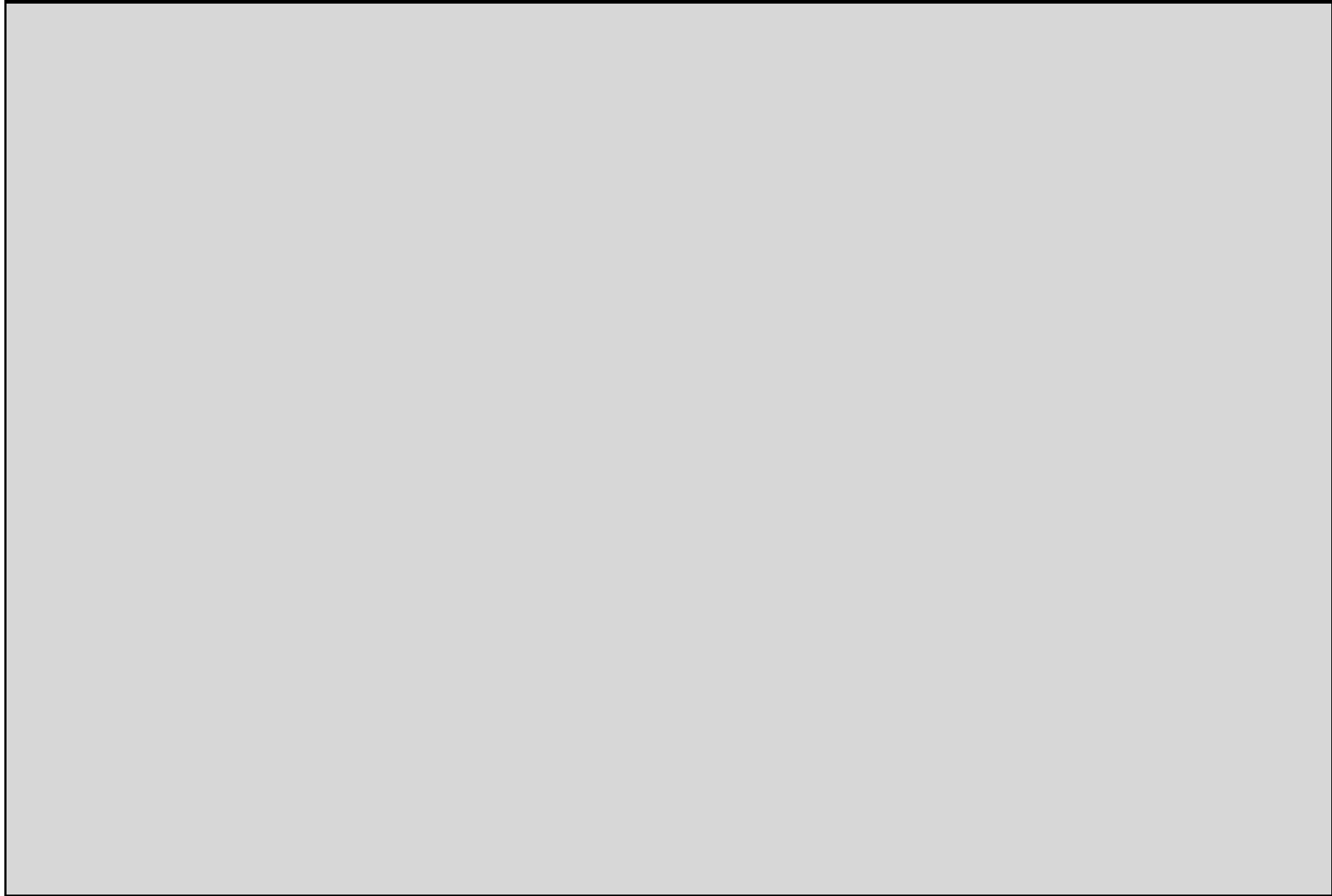
**Positive
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3 Mild Negatives

Important to me

**How to best support
me**

Imagining the Future **3rd**



Imagining the Future **3rd**

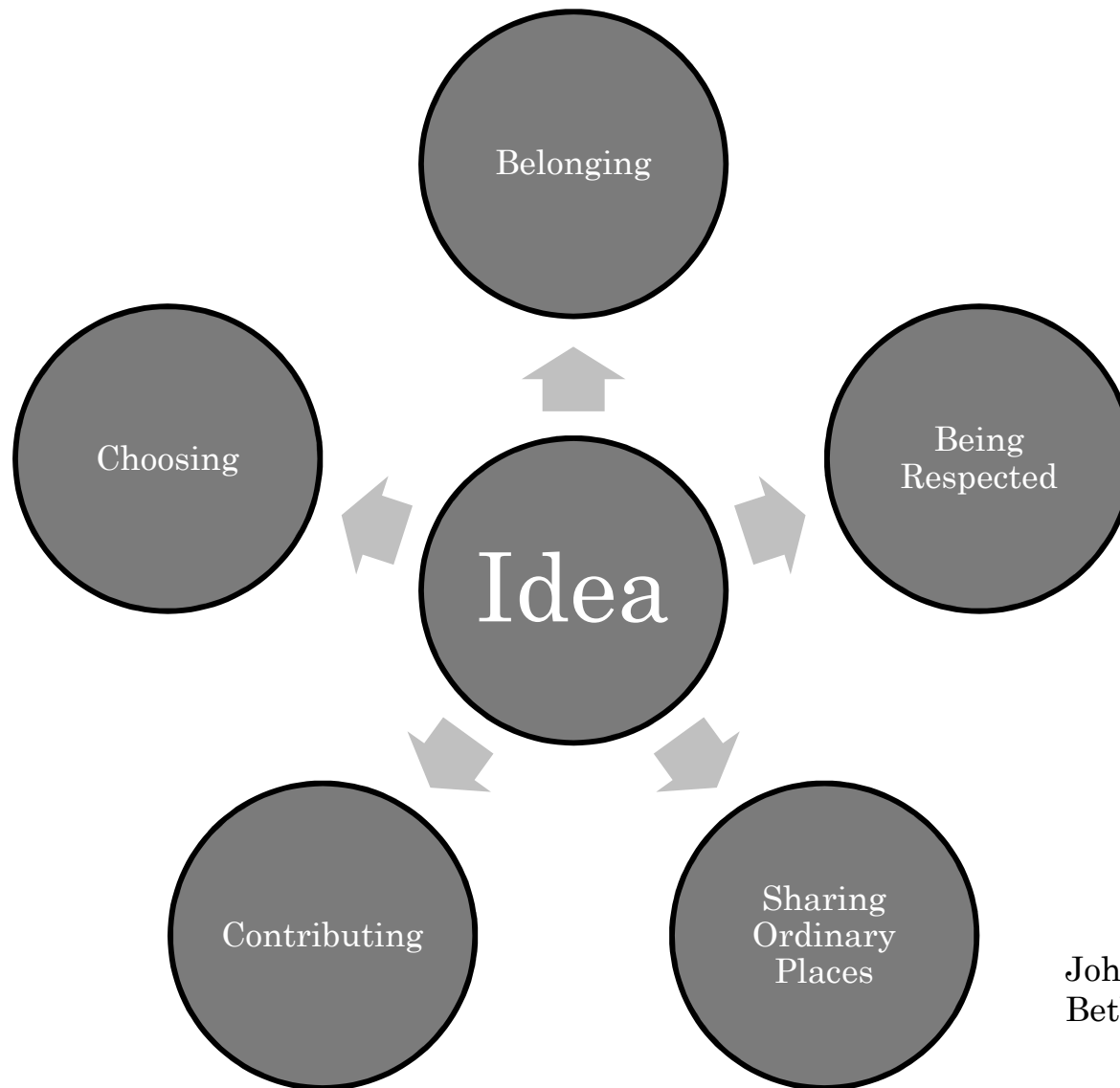
1. Questions that can help with this exploration:
2. If you are living the best life you can imagine where would you live?
3. Who would live there?
4. What is happening that is making this such a great life?
5. How are you earning an income?
6. What are you doing to make your community better?
7. What are you doing for fun?
8. What are you learning?

ACTION PLAN

What Would You Like To Do?	Who will do it and who can help?	By when?

FIVE VALUES FOR ACTION

How does our idea; if implemented, increase the chances the person will have more of each valued experience?



John O'Brien
Beth Mount

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