



# Build My Future Character Profile Sheet

Character / Name		Gender	
Appearance		What I like to wear	
Do I have any disabilities?			
People's first impression of me			

Events Age 13 to 17	Impact (H,M,L)*	Responses

Token Scores Age 13 to 17	Expertise	Health	Socialising	Citizenship
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Events Age 18 to 25	Impact (H,M,L)*	Responses

Token Scores Age 18 to 25	Expertise	Health	Socialising	Citizenship
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How am I making the most of the positive and dealing with the negative?

\*High, Medium, Low



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	Now	What I am doing to change, if anything?
What qualifications do I have? Am I creative, sporting or musical? What training have I had? Did I go to uni, go straight into a job, take an apprenticeship, join the forces? Am I now working? What are my ambitions?		
How healthy am I? Am I over or underweight, do I eat well and exercise? Am I well balanced with lots of self-confidence? Do I worry a lot? Do I have a good self-image? Do I have any emotional or physical disabilities.		
Who are my friends, what does my social network look like? Am I a member of any teams, clubs or groups? Do I lead social events or just follow along? How do I keep in touch with people? Am I in a relationship?		
Am I a good citizen? Do I vote? Do I take a stand on issues that I believe in? Am I part of any local community groups? Do I volunteer? Do I look after the environment, recycle and buy ethically? Do I think global issues impact me?		
In 10 years time, I will be 35. How will I capitalise on my strengths and improve elements I need to improve? Will I be happy and successful, if not, why not?		