



APPRECIATION

What do you see as your strengths?

What are you good at and what do you enjoy?

If I asked a family member or friend what they value about you, what would they say?

What would your Mum/Dad/Sister/Friend say they like about you and what makes you special?

What keeps you going in life - your relationships, faith, beliefs, values?

What is important to you?

Since working with you I have really noticed that....and I appreciate that because....

Do you know I have noticed.... and I really like that because....