

## ONE PAGE PROFILE QUESTIONNAIRE



Child's Name: \_\_\_\_\_

What is important to me?

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What are my strengths?

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What are my goals? (does not have to be yoga related)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can I best be supported?

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What are some of my favourite things/ hobbies?

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