



## Getting to know yourself

### Worksheet: Questions to help you get to know yourself and your disability

The PYLN knows how important it is to accept your disability and understand how it impacts your life. Answering these questions should help you get a better understanding of yourself and the role your disability plays in your life and future.

1. What is your disability?
2. Describe what barriers your disability presents to you.
3. Describe your strengths
4. What are your weaknesses?
5. How do you learn best? (Do you learn by seeing, hearing, or actually doing something?)
6. What kind of help do you get at school so that you can do your best?
7. What kind of things do you think you still need to improve on? (examples: time management and organization)