

My Personal Empowerment Plan 我的個人充權計劃

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Source: Rapp & Goscha (2012); translation was jointly completed by Baptist Oi Kwan Social Service, Caritas Rehabilitation Services, Tung Wah Group of Hospitals, and Dept of Social Work & Social Administration (HKU)

Name 姓名:		Key supports e.g., people, resources 主要支援: 人物, 資源			
My Goal* (This is something meaningful and important that I want) * One goal per sheet 我的目標*(對我個人是重要和具有意義的) * 一項目標一張紀錄紙					
Why this is important to me 為什麼這目標對我那麼重要?					
My next step 從今天起我會做以下的事, 以實現我的目標(可以量化及能逐步邁向 目標的短期行動)	Who will do this 誰會行動?	Date set 設定日期	Date to be accomplished 可完成的日期	Date accomplished 完成日期	Comments 意見

My Personal Empowerment Plan (continued) 我的個人充權計劃(續)

Name 姓名:		Key supports e.g., people, resources 主要支援: 人物, 資源			
My next step 從今天起我會做以下的事, 以實現我的目標(可以量化及能逐步邁向目標的短期行動)	Who will do this 誰會行動?	Date set 設定日期	Date to be accomplished 可完成的日期	Date accomplished 完成日期	Comments 意見