



Building Choices

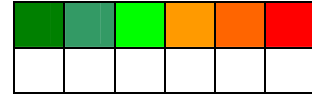


Keeping on Track

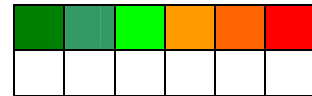
Here are some key areas where you can monitor your own wellbeing. Look at where your needs are being met and where you may want to make some adjustments.

OK ←→ Not so good

Getting enough sleep



Eating healthily



Laughing a lot



Financial control



Having good friends and relationships



Feeling in good spirits



Feeling secure and in a safe environment



Having a meaning and purpose to life



Being part of a wider community



Having a sense of status at work/leisure



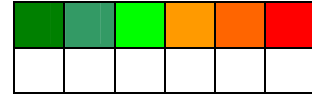
Having a sense of status at home



Feeling that you are achieving your potential



Being able to give love and attention to others



Receiving love and attention from others



Feeling in control



Having a sense of autonomy



Getting enough exercise



- Are there any areas of your life which stand out as needing attention?
- Could this tool be used to help you understand when you are not feeling so good and can't work out why?
- Choose two or three personal priority areas and think of what you could do to meet your needs

Priority area	Action

- Are there any specific actions you could take to make adjustments in any area of your life?
- Might you need help to do this?

(With acknowledgement to the Human Givens approach and the Self Monitoring Dashboard)