



get the most out of life

It is useful to sometimes stop and think about how we feel about different areas of our lives. This can:

- be a good reminder of what is good
- help us to find out what we want to be better

On the next two pages eight different life areas are given.

Based on how you have felt over the past two weeks give a rating and circle from 1 to 5 for each of these areas of your life:

1 = Very unhappy 2 = Unhappy 3 = OK 4 = Happy 5 = Very happy

On the back page there is a circular chart. This is split into each of the life areas. Please use this to shade in your ratings and see how happy you are with your life overall.

If there are one or more life areas where you would like to make some changes go back and focus on these:

- What you want that would make you happier
- What your part is in this and what you can start to do
- What, when, where, how and with whom do you want this and what support do you need from others?
- Is what you want achievable or could you take a smaller step towards this to start with?
- What will you see, hear and feel when you have what you want?
- How do you think this will affect other areas of your life or other people?

Use the boxes at the bottom of the back page to note the most important or urgent actions and then other important actions. Please remember to come back later and compare how the actions you have taken have helped you get more out of these areas of your life. How else can you get more from life?

Health and fitness

Rating 1/2/3/4/5

Home and garden

Rating 1/2/3/4/5

Learning and leisure

Rating 1/2/3/4/5

Mobility and transport

Rating 1/2/3/4/5

Community groups and involvement

Rating 1/2/3/4/5

Employment, volunteering and training

Rating 1/2/3/4/5

Relationships and families

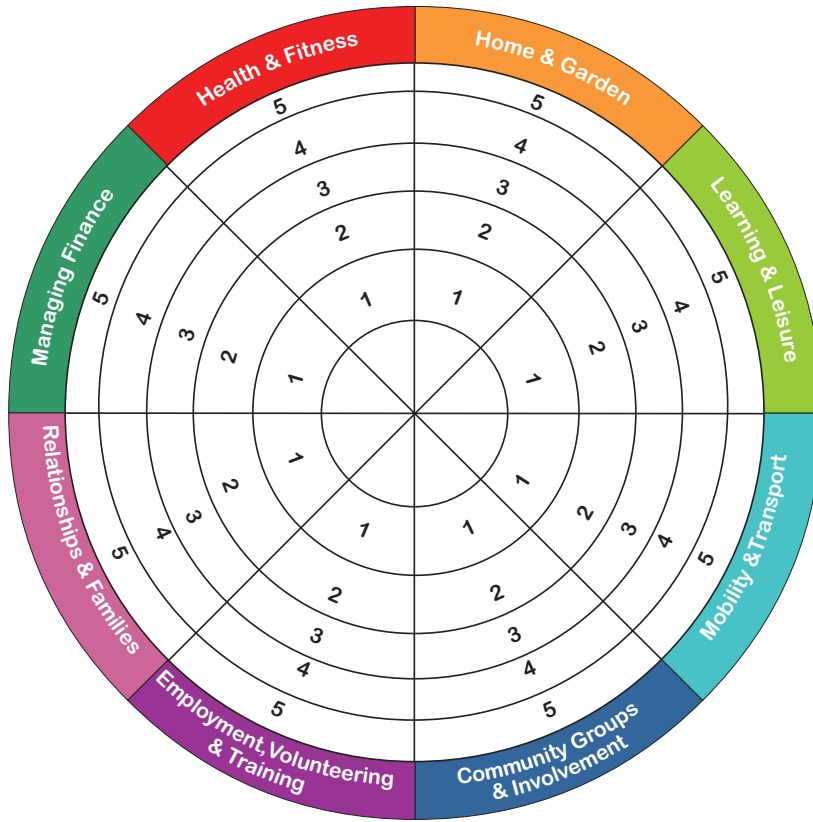
Rating 1/2/3/4/5

Managing finances

Rating 1/2/3/4/5

Please shade in your ratings and see how life looks overall

1 = Very unhappy 2 = Unhappy 3 = Ok 4 = Happy 5 = Very happy



Please use the boxes below to note down some of the actions you need to take to get the most out of life.

Important or urgent actions

| |
|--|
| |
|--|

Other important actions

| |
|--|
| |
|--|

Health and fitness

- Staying fit and healthy – health trainers, exercise on prescription, physical activity, mental health, sexual health, dietary advice
- Smoking or alcohol – smoking, drugs and alcohol,
- Difficulty sleeping and stress levels – mental health, social prescribing
- Condition management - Expert Patients Programme, long-term illness support services and groups
- Life events e.g. bereavement and counselling,
- Flu jab (over 65)

Home and garden

- Home safety and security - fire safety check or home security check
- Moving around safely – falls risk assessment, equipment, aids, adaptations or telecare
- Having a warm enough home - fuel poverty check or energy efficiency
- Cleaning, washing and ironing – domestic services
- Gardening and general maintenance or repairs – repair and maintenance and Safe Trader Scheme
- Advice on accommodation that may be available – homelessness or housing

Learning and leisure

- Hobbies, arts and culture – hobbies, arts and crafts, music and pets
- Reading/using libraries – library services, computers and IT and languages
- Social activity – clubs and groups
- Access to local amenities – places to visit, local events and adult education
- Sports and leisure

Mobility and transport

- Managing steps or stairs safely
- Having the confidence to get out – personal transport, walking aids, scooters and wheelchairs
- Access to transport – volunteer transport, dial-a-ride and hospital/medical transport
- Using a free bus pass or blue badge – Bus and train passes, blue badges,
- Knowledge of what is going on locally

Community groups and involvement

- Getting on with your neighbours – neighbourhood group
- Feeling safe in your community
- Involved in a church/faith community
- Opportunities to socialise with others
- Opportunities to shape future support – forums and partnerships
- Voluntary and community groups and getting involved in your local community

Employment, volunteering and training

- Finding or keeping a job – jobseeking, careers advice and business start up
- Volunteering or helping others - volunteering
- Accessing training or education - training
- Role such as parent or carer
- Belonging to a club or society

Relationships and families

- Personal relationships – divorce and separation, relationship counselling, domestic abuse
- Contact with family – carers support, fostering and adoption, parenting skills, childrens groups and activities, family mediation, tracing families,
- Contact with friends
- Building new friendships - pets
- Dealing with change

Managing finances

- Welfare benefits checks – benefits advice,
- Financial advice and support to manage debt – debt support,
- Affordable warmth – paying bills
- Budget management
- Pensions advice
- Fundraising and grants
- Legal support and advice

Signed: _____

Date: ____ / ____ / ____