



# Improving my wellbeing

Date .....

To be as well as possible, we need to ensure that our basic human needs are met. Read through this list of needs, and underline those that you think are important to you. Then score each of the ones you underline, to show where you feel you are at the moment. A higher score means that more of your needs are being met. You may find it useful to ask someone to help you with this.

Good physical health .....	1	2	3	4	5	6
Enough exercise .....	1	2	3	4	5	6
Rest and relaxation .....	1	2	3	4	5	6
Healthy eating .....	1	2	3	4	5	6
A safe place to live .....	1	2	3	4	5	6
Enough money to live on .....	1	2	3	4	5	6
Regular activity that uses and develops my skills .....	1	2	3	4	5	6
Enough enjoyment in my life .....	1	2	3	4	5	6
Opportunities for learning, education and growth .....	1	2	3	4	5	6
The ability to make my own choices and decisions .....	1	2	3	4	5	6
Enough control over my life .....	1	2	3	4	5	6
A positive outlook .....	1	2	3	4	5	6
Religious, spiritual or other beliefs to provide inner strength ...	1	2	3	4	5	6
Feeling that my life has meaning and purpose .....	1	2	3	4	5	6
Enough confidence and self-esteem .....	1	2	3	4	5	6
A sense of achievement .....	1	2	3	4	5	6
Enough space and time for myself .....	1	2	3	4	5	6
People I can trust and feel safe with .....	1	2	3	4	5	6
Enough care and attention from others .....	1	2	3	4	5	6
Relationships that offer intimacy and warmth .....	1	2	3	4	5	6
Contact with family, friends and neighbours .....	1	2	3	4	5	6
Meeting with people who share my hobbies and interests .....	1	2	3	4	5	6
Opportunities to care for others .....	1	2	3	4	5	6
Social activities .....	1	2	3	4	5	6
A sense of belonging .....	1	2	3	4	5	6
People who value and respect what I do and say .....	1	2	3	4	5	6
Recognising that others treat me fairly and without prejudice ...	1	2	3	4	5	6
Anything else (please state) .....	1	2	3	4	5	6

You now have some idea of the resources for your wellbeing, and where these need strengthening. The next step is to work out how to achieve this. Again, you may find it helpful to discuss this with someone. By doing this exercise again in a few months' time, you will be able to see any changes that occur in your wellbeing.