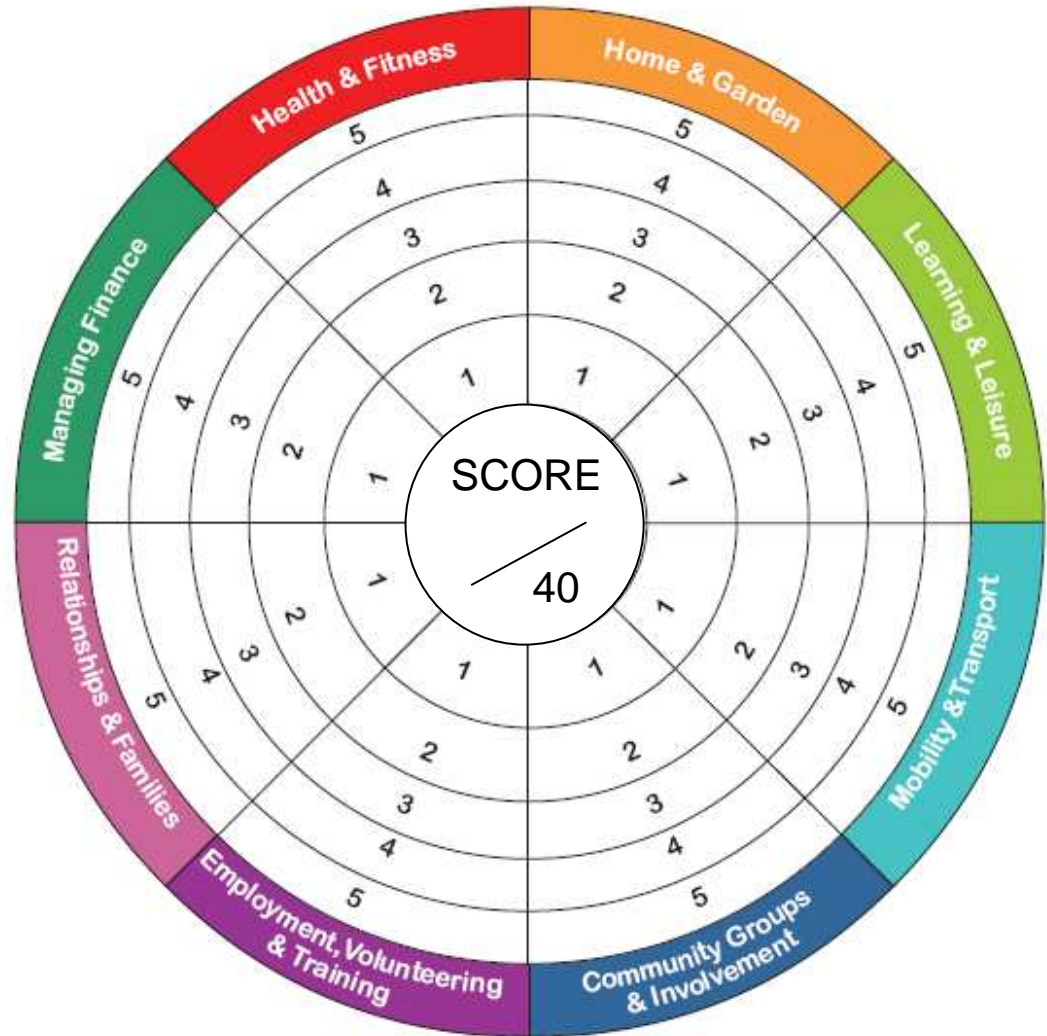


Important or Urgent Actions

Signed: _____ Date: _____

Use the wheel below to see how your actions have improved these areas of your life since you completed this activity. How else can you get more from life?



Signed: _____ Date: _____



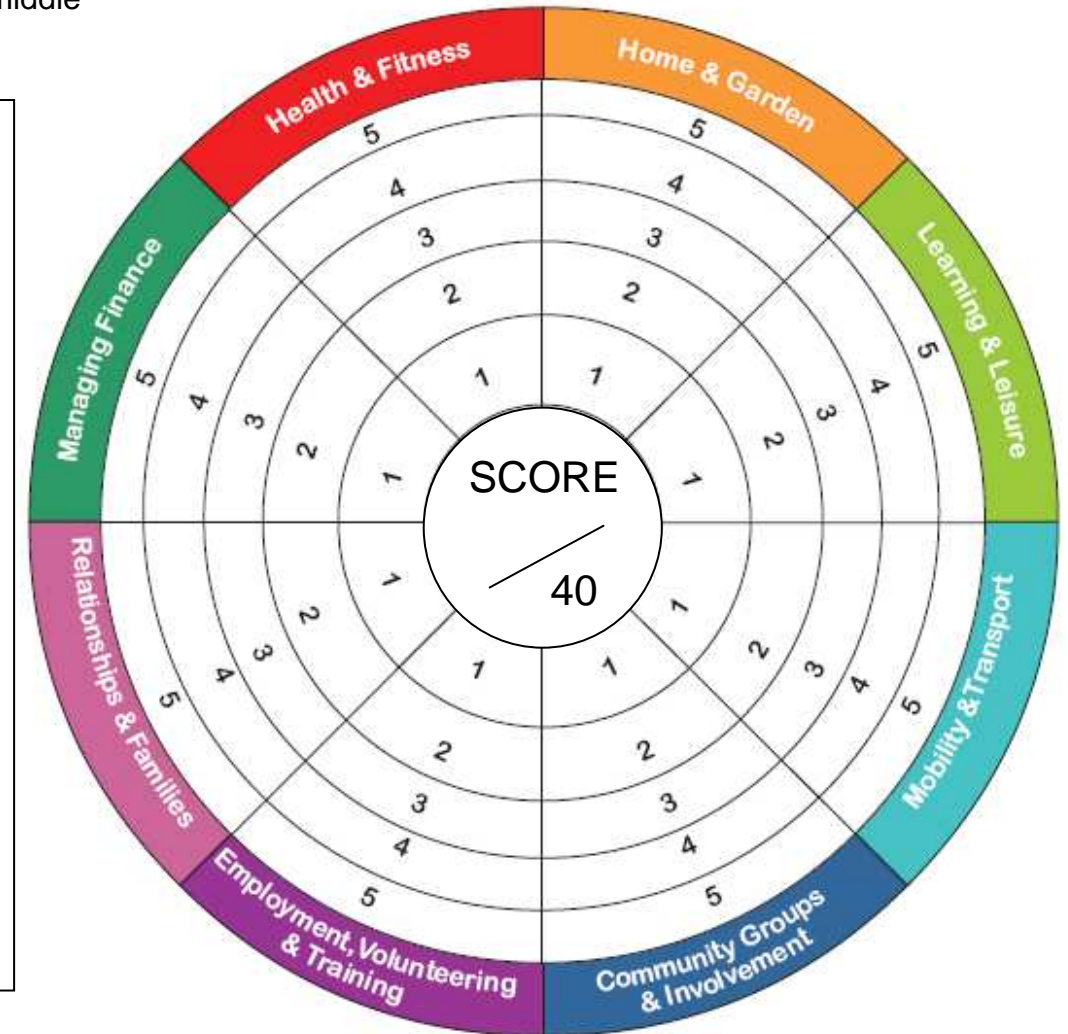
Get the most out of life

This activity is to help you get the most out of your life, by completing this you will be able to focus on areas of your life you would like to improve and what you would like to achieve.

Below, eight different life areas are shown in a wheel. Based on how you have felt over the last two weeks choose a rating from 1 to 5 for each of these areas of your life, then add up your score out of 40 and enter it in the middle

KEY

- 5 Very Happy
- 4 Happy
- 3 OK
- 2 Unhappy
- 1 Very Unhappy



In the boxes overleaf, think about what would help you to improve these areas of your life, what support do you need, if any, and what you want to achieve.

Important or urgent actions can be noted in the boxes on page 4 and then sign and date the form as your record.

Health and Fitness

Community Groups and Involvement

Home and Garden

Employment, Volunteering and Training

Learning and Leisure

Relationships and Families

Mobility and Transport

Managing Finance

