


What is involved in managing and being in control of my day and my home life?
What might make any harder parts easier?

Who is important in my life? How do I understand and maintain my relationships with them?

What is involved in pursuing my interests and maintaining connections that are important to me?

Who supports us, and how can we help them to be available to us?

 **Adult – My Story**

What things build and maintain your wellbeing, and how could they be more available in your week?

What are the things I'm proud of? What do I want to achieve?

Which decisions is it important to me to be part of? What is involved in my making decisions?

What creates a sense of safety and confidence for me? How am I best supported in the presence of a risk?

What could a more sustainable break look like?