

Notes: My life today

- *Write down the names of people who are most important in your life at the moment and each one's relationship to you.*

- *What sort of things do you like to do these days? You might like to include:*
 - *Hobbies*
 - *Favourite Music, TV/Radio programmes*
 - *Books/magazines that you enjoy*
 - *Places you enjoy going; here are some suggestions:*
 - *Seaside*
 - *Theatre/Cinema*
 - *Countryside,*
 - *Historic buildings*
 - *Library*
 - *Shops*
 - *Park*
 - *Place of worship*
 - *Pubs/restaurants/cafes*
 - *Social groups such as coffee mornings, friendship groups, clubs, etc.*
 - *Sports Centre/gym/swimming pool*
 - *Community Centre*
 - *Exercise class*
 - *Visiting family*

- *If you could learn a new skill or hobby what would it be?*

Spare sheets have been included at the end of this document in case you need more space.

Notes: My daily routine

- *Describe your daily routine at the moment.*
 - *When you like to get up*
 - *Meal times*
 - *Activity times e.g. shopping, walking the dog, going for a walk, etc.*
 - *Sleep/nap times*
 - *The time you go to bed*

Notes: My likes and dislikes

This section is an opportunity to share your current likes and dislikes. The following list will give you some ideas but you might think of others

- *What you like to wear (clothing/footwear)*
- *Your hairstyle*
- *Your hands/feet (you might enjoy having a manicure/pedicure, or perhaps you visit the podiatrist)*
- *Your beauty regime; moisturisers/make-up/perfumes/aftershaves you like to wear, or favourite soaps/shampoos/bubble baths/body wash you like to use*
- *Whether you prefer having a bath or a shower*
- *Smells or sounds*
- *Foods and drinks*
- *Things you like/dislike talking about and how you like people to address you/speak to you*
- *Seasons of the year that you particularly like or dislike; winter, spring, summer, autumn*
- *Types of touch e.g. some people dislike being hugged; some people enjoy having their hand held*
- *TV, radio, magazines, music, literature*
- *Outings or activities*
- *Preference for solitude or having company; small groups or large groups, etc.*

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My life today

Name	Relationship



My life today

Things I particularly enjoy doing at the moment are...

If I could learn a new skill or hobby, it would be...



My daily routine

Time	Activity
00:00-02:00	
02:00-04:00	
04:00-06:00	
06:00-07:00	
07:00-08:00	
08:00-09:00	
09:00-10:00	
10:00-11:00	
11:00-12:00	
12:00-13:00	
13:00-14:00	
14:00-15:00	
15:00-16:00	
16:00-17:00	
17:00-18:00	
18:00-19:00	
19:00-20:00	
20:00-21:00	
21:00-22:00	
22:00-23:00	
23:00-00:00	



My likes and dislikes

Topic	Likes	Dislikes



My likes and dislikes

Topic	Likes	Dislikes



My likes and dislikes

Topic	Likes	Dislikes



















Notes: Things that make me feel...

This section is about emotions and things that cause strong reactions. It is also a place to record what helps to alleviate negative emotions.

- In the first column, write a list of emotions you would like to think about.*
- In the second column, alongside each emotion, share a little about things that cause this emotion e.g. watching your favourite film might make you happy; feeling alone in the dark might make you feel frightened.*

Here is a list of emotions to get you thinking. You might like to choose a few from this list, or you might think of your own. For negative emotions, it would be good to share what helps when you feel that way.

	<i>Angry</i>
	<i>Anxious</i>
	<i>Confused</i>
	<i>Content/relaxed</i>
	<i>Desperate</i>
	<i>Excited</i>
	<i>Frightened</i>
	<i>Frustrated</i>

	<i>Happy</i>
	<i>Hopeful</i>
	<i>Lonely</i>
	<i>Overwhelmed</i>
	<i>Proud</i>
	<i>Unwell</i>
	<i>Sad</i>
	<i>Safe</i>

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Notes: My perfect day

- *Describe your perfect day. If money were no object and you could go anywhere in the world, with whoever you wanted, and do anything you wanted:*
 - *Where would you go?*
 - *Who would you take with you?*
 - *How would you get there?*
 - *What would the climate/weather be like?*
 - *What would you see, hear, touch, smell, taste?*
 - *What would you do?*

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Things that make me feel...

Emotion	Things that make me feel this way and things that can help



My perfect day...

My perfect day would be...



Continuation sheet for:

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Continuation sheet for:

