

Activity assessment

What would you like to achieve in each of the following areas?

1. Relationships (forming and maintaining close relationships with others including family, friends and/or romantic partner)

2. Education/career (this could be formal education or self-learning, paid or voluntary employment)

3. Recreation/interests (leisure time, having fun or relaxing, volunteering)

4. Mind/body/spirituality (physical and mental health, religion and/or spirituality)

5. Daily responsibilities (obligations and responsibilities to others and to your belongings. This could include things like cleaning, tidying, shopping, cooking, looking after home/children, paying bills)