



Growing Well

> ways of noticing our
emotional & mental
wellbeing

Being Satisfied

I am satisfied with:
myself



1



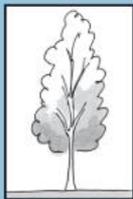
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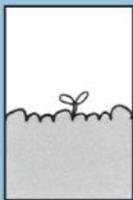
6

Being Satisfied

I am satisfied with:
my friendships



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Being Satisfied

I am satisfied with:
my ability to change



1



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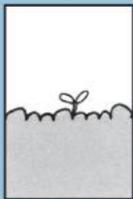
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Being Satisfied

I am satisfied with:
my ability to make decisions



1



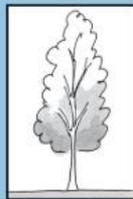
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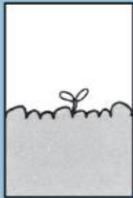
6

Being Satisfied

I am satisfied with:
how I stay safe



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Being Satisfied

I am satisfied with:
how I take risks



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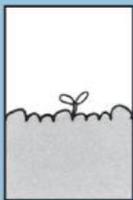
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Being Satisfied

I am satisfied with:
where I live



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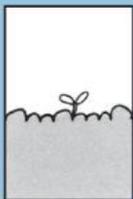
6

Being Satisfied

I am satisfied with:
my goals in life



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Being Satisfied

I am satisfied with:
the progress I am making



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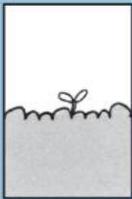
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Being Satisfied

I am satisfied with:
my sense of purpose
and meaning



1



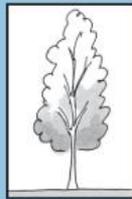
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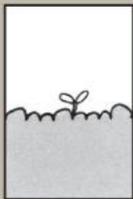
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Being Organised

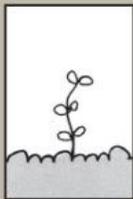
I am organised in:
making appointments



1



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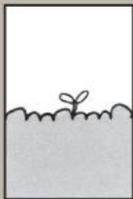
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Being Organised

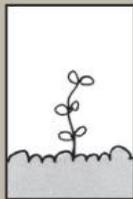
I am organised in:
keeping appointments



1



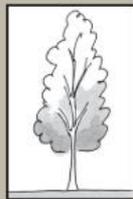
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Being Organised

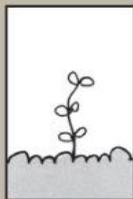
I am organised in:
managing my money



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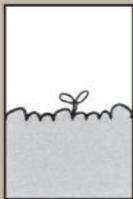
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Being Organised

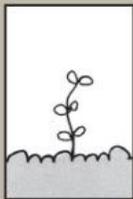
I am organised in:
achieving what I want



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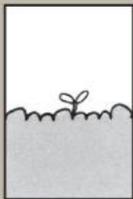
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Being Organised

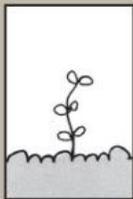
I am organised in:
my daily living tasks



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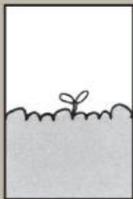
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Being Organised

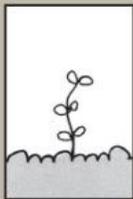
I am organised in:
my work



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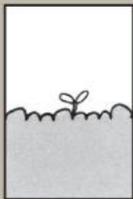
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Being Organised

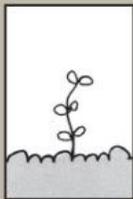
I am organised in:
my leisure activities



1



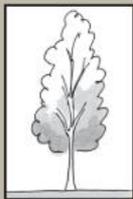
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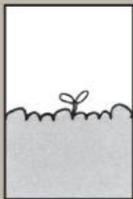
Being Organised

I am organised in:

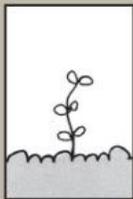
looking after myself



1



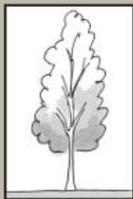
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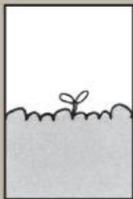
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Being Organised

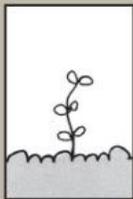
I am organised in:
getting around



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6

Being Organised

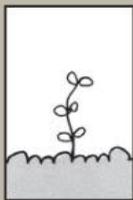
I am organised in:
planning ahead



1



2



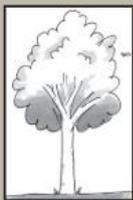
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6

Being Healthy

I stay healthy by:
eating well



1



2



3



4



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6

Being Healthy

I stay healthy by:
sleeping well



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6

Being Healthy

I stay healthy by:
thinking clearly



1



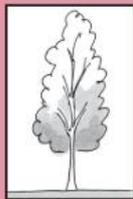
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Being Healthy

I stay healthy by:
noticing change



1



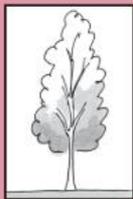
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6

Being Healthy

I stay healthy by:

asking for help
when I need it



1



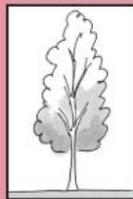
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6

Being Healthy

I stay healthy by:
having an emergency plan



1



2



3



4



5



6

Being Healthy

I stay healthy by:

understanding
my medication



1



2



3



4



5



6

Being Healthy

I stay healthy by:
maintaining my medication



1



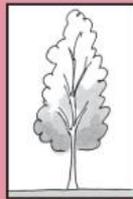
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Being Healthy

I stay healthy by:
managing unwelcome
thoughts



1



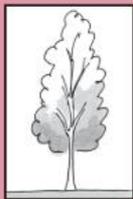
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Being Healthy

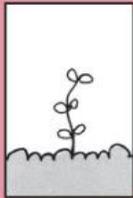
I stay healthy by:
**maintaining balance
in my life**



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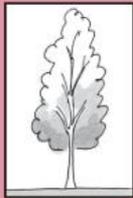
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6

Being Connected

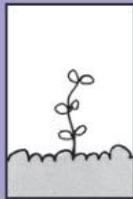
I am comfortable in
my relationships with:
people I live with



1



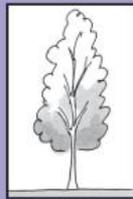
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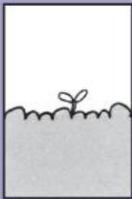
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Being Connected

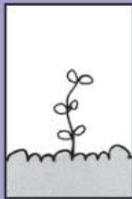
I am comfortable in
my relationships with:
my family



1



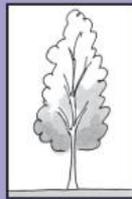
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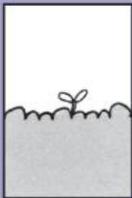
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Being Connected

I am comfortable in
my relationships with:
my neighbours



1



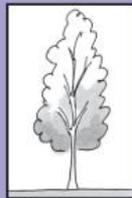
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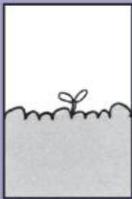
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Being Connected

I am comfortable in
my relationships with:
people I see regularly



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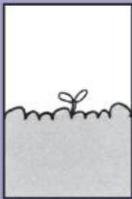
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Being Connected

I am comfortable in
my relationships with:
my friends



1



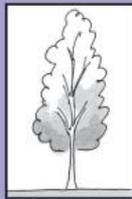
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6

Being Connected

I am comfortable in
my relationships with:
people who share my
interests and values



1



2



3



4



5



6

Being Connected

I am comfortable in
my relationships with:
key professionals



1



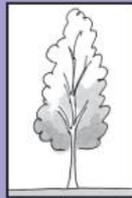
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6

Being Connected

I am comfortable in
my relationships with:
people who understand me



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2



3



4



5



6

Being Connected

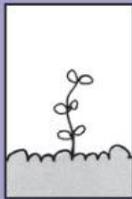
I am comfortable in
my relationships with:
people who trust me



1



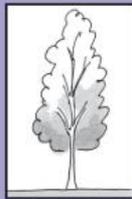
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Being Connected

I am comfortable in
my relationships with:
people I trust



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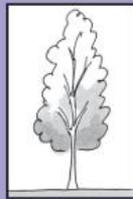
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6

Being Active

I stay active by:
exercising my body



1



2



3



4



5



6

Being Active

I stay active by:
exercising my mind



1



2



3



4



5



6

Being Active

I stay active by:

being creative



1



2



3



4



5



6

Being Active

I stay active by:
doing things by myself



1



2



3



4



5



6

Being Active

I stay active by:
doing things with others



1



2



3



4



5



6

Being Active

I stay active by:
managing boredom



1



2



3



4



5



6

Being Active

I stay active by:
managing loneliness



1



2



3



4



5



6

Being Active

I stay active by:
managing my feelings



1



2



3



4



5



6

Being Active

I stay active by:
learning new things



1



2



3



4



5



6

Being Active

I stay active by:
doing things I enjoy



1



2



3



4



5



6