



1. Healthy Actions

Are you able to take actions that can help you live a healthier life? – relates to being able to recognise and do the things that can help you live a healthier life

2. Self Esteem / Resilience

Are you generally able to feel good about yourself, get through tough times and enjoy life? – relates to thinking positively about yourself, being able to recover from set-backs, stay upbeat and have a positive outlook

3. Support Network

Are you able to draw on family and friends for support when you need it? – relates to developing and using a support network constructively

4. Work & Learning

Are you able to participate in work and learning activities that you value and enjoy? – relates to staying mentally active, learning new skills or being productive (i.e. working) by doing things that give you enjoyment and satisfaction

5. Future Plans & Goals

Are you able to plan and achieve goals that you set for yourself? – relates to being able to set realistic goals and take action to achieve them

6. Community Involvement

Are you able to be involved in a community that matters to you? relates to being able to engage within a community that matters to you

4.0 Living Well

I'm achieving my goals and that's positively impacting other areas of my life.

3.0 Making Changes and Learning

I'm taking small actions to change my habits / routines, am tracking my progress and am learning from the times when I slip up.

2.0 Taking Control

I've set myself goals, timescales to reach them and understand the steps I need to take in order to achieve these goals.

1.0 Open to Change

I'm motivated to take charge of my life, want to make changes and am ready to listen to advice.

0.0 Pre-Change

I am not able to do this.