# Focusing on relationships



# Security

What helps you to feel safe?

# **Belonging**

What helps you to feel part of things?

## **Continuity**

What helps you to experience links and connections?

#### **Purpose**

What helps you to have goals to aspire to?

#### **Achievement**

What helps you to feel you are making progress towards these goals?

## **Significance**

What helps you to feel that you matter as a person?

# Myhomelife

www.myhomelife.org.uk