

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?

My homelife®

www.myhomelife.org.uk