

Preferences/behaviours

Beliefs negative and positive

Your rules

Discovering what is truly important to you, allows you to understand what drives you, what motivates you and simply what you value.

VALUES CONNECT US TO THE VERY ESSENCE OF WHO WE ARE.....THE FORCE FOR GOOD INSIDE EVERYONE, ENCOURAGING US TO BE.....TO BECOME AND TRANSFORM.

VALUES SHOULD NEVER LIMIT US AND IF THEY DO, THEY ARE NOT TRUE VALUES.....NOT THE REAL DEAL!!

YOUR VALUES ARE YOUR RULES, WHICH ARE MADE UP OF BELIEFS AND NEEDS - WHICH IN TURN MOTIVATE EVERYONE TO LIVE THEIR LIVES....AND FIND PURPOSE

WE ALL NEED PERSONAL SATISFACTION AND HAVE NEEDS THAT MUST BE MET

IT WILL HELP IDENTIFY AREAS THAT NEED SOME WORK OR REVEAL SOMETHING THAT YOU OWE IT TO YOURSELF TO CHANGE

TIP:

Understanding your motivations will help you understand some changes that you want to make to how you live your life.....

Change something today!!!! ..."True life is lived when tiny changes occur", Leo Tolstoy (Russian novelist)

LIKING, LOVING & CARING FOR YOURSELF

When we like, love & care for ourselves; we treat ourselves with respect and concern - as we do those we care about & for whom we want the best.

Often it is too easy to like or love other people and too easy to neglect ourselves. Why is this a difficult task? When we do this & neglect our own needs.....it's like saying, 'I don't really matter'.

You shouldn't just treat others with concern & respect but treat yourself with an abundance of both,.....like watering your **FEELGOOD** system!!! You should want the best for yourself!!!!!!

A healthy attitude means liking, loving & caring begins in your own place....at home.....So where better to start... than with yourself.....

Worksheet 1 - Identifies all the things you do for the people you like, love, & care about most in your life.

It will make you realise whether you look after yourself in the same way as you look after others and if not....

Worksheet 2 - Will help you consider small changes that you want to happen in order to care and nurture your FEELGOOD system.

Worksheet 1

FEELGOOD SYSTEM	
List the things you do for people you like, love & care about most...family friends....	Now list the things you do for yourself..can you cross check them...can you also list things that others do for you

Are the things you do for others that you care about reciprocated; are they shared?Or is there an imbalance that you need to change?

Worksheet 1 (Cont)

FEELGOOD SYSTEM	
List the things you do for people you like, love & care about most...family friends...	Now list the things you do for yourself..can you cross check them...can you also list things that others do for you

Your FEELGOOD SYSTEM needs maintenance and you must continue to do the things that satisfy your needs, these are the things that make you happy. The following will help you examine what you already have in place that is a non-negotiable and should remain to be 'fed' -fulfilled. It will also help you list needs that you wish to satisfy.

Worksheet 2

WHAT YOU NEED TO PUT IN PLACE/WHAT'S ALREADY IN PLACE?

Separate the areas into various life domains – Home, Health, Social & Recreational, Occupation of time, Relationships etc.

List what you need to nurture, maintain & develop your feel good system

HOME LIFE (e.g. social housing, 2 bedroom flat, garden, more space)

HEALTH/RELAXATION (e.g. physical education, take a bubble bath, reflexology, beauty therapy/treatments, massage, aromatherapy, music, healthy eating)

SOCIAL RECREATION (e.g. support group, art class, gym, swimming, travel, holidays, theatre)

OCCUPATION OF TIME/CONTRIBUTION (e.g. voluntary work, education, training, resource funding, employment – part time/full time)

RELATIONSHIPS (friends, family, acquaintances, pets, neighbours)

Place a circle around those needs that are not being met. You may already notice that there are other domains that you value and are not highlighted previously...could be that you want to explore religion or some other topic....You needn't stick to The Haven life domains..... You can chart these in the next table and carry out the same process.

The most important thing though, is to highlight, by circling, the needs that you are not satisfying – that are part of your FEELGOOD SYSTEM. These are the needs that you should take forward to the next few sessions to plan some actions around...Can you feel a step change coming on?

(Cont)

WHAT YOU NEED TO PUT IN PLACE/WHAT'S ALREADY IN PLACE?
<p>Separate the areas into your personal life domains –</p> <p>List what you need to nurture, maintain & develop your feel good system</p>

The Haven Project