

What do you like and dislike?

What hobbies and interests do you have and would like to have?

Making a start on action planning your goals

Making choices is difficult when we only hold parts of the information that we need. Exploring our motivations and what we like helps us rule out and eliminate negative responseshelps us make decisions about our future.

This exercise will identify a) what we don't need in our lives that drags us down but also b) what we do need... to nurture that **FEELGOOD SYSTEM**; the things that keep us going, looking forward, getting up for in the morning and getting us out to partake in life.

Being informed gives strength, focus and energy...the real impetus to forward a change.

TIP:

Social inclusion is a matter of positive mindset...you deserve to be included...you have the right to be included by the very fact that you were 'born into'. You are already in 'it' ... you are in this 'society'... it's simply a matter of feeling it, experiencing it and changing a negative mindset into a positive one...

Worksheet 1 will help you examine your hobbies and interests - past and present. Are there activities that you did in the past (good or unhelpful), activities that you wish for in the future? This can be discussed in pairs or you can explore yourself....think about hobbies and interests that you have or have done or that you wish to do..... and begin to think of a way to plan that action.....

Worksheet 1

HOBBIES AND INTERESTS

Activity	Where did you do this or where can you do this?

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Worksheet 1 (Cont)

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Activity	Where did you do this or where can you do this?

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