

Things I need and want

MAKE A LIST OF THE THINGS YOU **NEED** IN LIFE AND WRITE **WHY** YOU NEED THEM

E.g. Food — I NEED IT TO STAY ALIVE

MAKE A LIST OF THE THINGS YOU **WANT** IN LIFE AND **WHY** YOU WANT THEM

E.g. A NEW CAR — TO GET AROUND EASILY

THINK ABOUT **WHERE** THESE THOUGHTS HAVE COME FROM

E.g. I NEED A NEW CAR — I SAW AN ADVERT ON TV/ MY FRIEND HAS A NEW CAR

What makes life meaningful?

WHAT DO YOU THINK IS MEANINGFUL IN LIFE? WRITE EXAMPLES OF TIMES WHEN YOU HAVE FELT HAPPY, VALUED, LOVED, SATISFIED, ETC.

E.G. SPENDING TIME WITH MY GRANDPARENTS — THEY TOOK ME TO THE SEASIDE LAST YEAR AND WE HAD FISH AND CHIPS.

HOW CAN YOU INCORPORATE MORE OF THESE THINGS INTO YOUR LIFE? WHEN WILL YOU DO THESE THINGS?

E.G. I WANT TO HAVE MORE CONTACT WITH MY GRANDPARENTS— I CAN VISIT THEM IN HALF TERM AND I CAN CALL THEM MORE OFTEN. I'M GOING TO CALL THEM THIS EVENING WHEN I GET HOME FROM SCHOOL.