

 **BASICS**

 **BELONGING**

 **LEARNING**

 **COPING**




 **CORE SELF**

-  Good enough housing
-  Enough sleep
-  Enough money to live
-  Play & leisure
-  Being safe
-  Being free from prejudice & discrimination
-  Access & transport
-  Healthy diet
-  Exercise & fresh air

-  Belonging
-  Our place in the world
-  Tap into good influences
-  Keep relationships going
-  Healthy relationships
-  Maintaining good relationships
-  Supportive friends
-  Responsibilities & obligations
-  Good memories
-  Where I've come from
-  Trying new experiences
-  Make friends and mix with others

-  Make school/college life work as well as possible
-  Engage mentors for children and young people
-  Map out career or life plan
-  Organising myself
-  Highlight achievements
-  Develop life skills

-  Understanding boundaries and keeping within them
-  Being brave
-  Solving problems
-  Putting on rose-tinted glasses
-  Fostering their interests
-  Calming down & self soothing
-  Remember tomorrow is another day
-  Lean on others when necessary
-  Have a laugh


-  Instill a sense of hope
-  Understand other people's feelings
-  Knowing yourself
-  Take responsibility for yourself
-  Fostering their talents
-  Using tried and tested treatments for specific problems

 **NOBLE TRUTHS**

 Accepting

 Conserving

 Commitment

 Enlisting