

What Matters to Me?

What's important to me?

What are the areas I'd like to improve in my life?

What do I enjoy/hobbies/interests?

What do I need?

What are my strengths?

Who supports and helps me?
e.g. family/friends/network



What are my concerns?

What are my priorities?

What would make my life better?

What is working for me right now?