NAME: Doing well & happy ~ My Wellbeing Map DATE:

Family + Home	Physical Health + substance use	Education, work, career goals
Mood + Mental Health	Friends + romantic relationships	Freetime, sports, hobbies, interests

Solution-Focused worksheet:
DOING WELL & HAPPY ~ MY WELLBEING MAP

FRONT PAGE:

> Explore what each area of your life & wellbeing will look like when you are already doing well/better, are content with your life, and your wellbeing is in balance.

> Write up a rich description of each area, picturing yourself and using wording like its already happening.

THIS PAGE:

- what could stuff all this up the most, what thing(s) are the biggest risk to it?

- which area of life (goal for self) would my alcohol & drug use be the biggest risk to?

- what would my alcohol & drug use be best to look like for this to work out?

- how important are my current alcohol & drug goals to this?

  'How importance are these goals to me right now' Ruler 0----------5----------10

  'How confidence am I in being able to achieve these goals' Ruler 0----------5----------10

- what could/would stuff up these goals most? - what things will best support my alcohol & drug goals? (strategies/factors/people)

MARK ON THE FRONT PAGE WITH SYMBOLS:-

✓ = which plans and things in your 'wellbeing map' are already happening?

↑ = which things am I already working on/towards?

→ = which things do I want to start taking steps towards next?