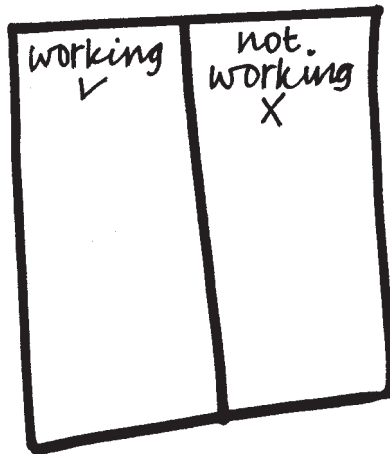


# Working/not working

## What is the tool?

This is a powerful tool to help you think about how your life is now and analyse what you want to keep the same and what you want to change.



## How can it help me with my support plan?

This tool helps to make sure that your support plan builds on what is working in your life and changes what is not working for you. This analysis is very helpful in thinking about what outcomes you want for your support plan, and what the 'best life' could be for you (if everything that is not working changed for you). When you have finished your support plan, you can check it against the 'not working' list to ensure that your support plan will make the changes you need.



## How can I use this?

It's helpful to first look at what is important to you and what the best support is for you, and then consider what is working, or what is not working about those areas, from your own and other people's perspectives.

When thinking about this tool, some useful questions to ask in terms of what IS working are:

- What do you want to keep doing?
- What do you want to nurture?
- What areas of your life make you happy, content and fulfilled?
- What areas of your life generate your motivations, passions, interests and enthusiasm?

Some useful questions to ask in terms of what is NOT working:

- What do you want to change?
- What areas of your life make you unhappy and cynical?
- What areas of your life do you feel are unfulfilled?

- What areas of your life do you feel are missing?
- What do you do in your life now that creates upset, frustration and boredom?

Some useful questions about the best your life could be:

- If this area of my life was the best it could be, what would it be like? What would it look like?
- What things would be present in my life?
- What things must be absent?

Use the answers to these questions to think about what you want to change and how you can move closer to your 'best life.' You could simply write your answers on paper, or use a graphic of the wheel (see [www.supportplanning.org](http://www.supportplanning.org) and find a tool called Life and support).

Some people like to think about this with their friends and family and to create a description of how satisfied they are with life now.

You could rate out of ten how satisfied you are with your life now. This will act as a guide to developing your support plan, ensuring it takes you in the direction of your ideal life. A score of ten would mean you are totally satisfied; five would mean that there are significant elements missing and a score of one would indicate an area you are completely unhappy about.

Think about each of the headings and consider:

- What is working well in this area? What do you want to keep and develop?
- What is not working in this area? What do you want to change?
- If this area of your life was the best it could be, what would it look like?
- How could you move closer to this?

You can also use it as a check list when you have finished your support plan, and ask 'do the actions and decisions that I have made in my support plan take me in the direction of a satisfied and fulfilled life?'