



### Past Experiences

What are things in the past that have helped me take care of myself?

What are things in the past that got in the way of taking care of myself while also caring for others?

### Moving Forward

What needs to be in place to maintain or improve my own well-being while continuing to care for others?

What are things that could compromise my well-being or my caring for others, that I need to be aware of?

### Vision

Vision for my physical, mental, and emotional well-being:

Vision for a Good Life:

What kind of information, navigation, or skill-building would promote my well-being?

How would opportunities for connecting and networking with others contribute to my well-being?

What good and services (physical, financial, or material) would promote my well-being?

### What I Don't Want

What do I not want to have happen because my needs are unmet?

What is not good physical, mental, and emotional wellness?



### Past Experiences

What are things in the past that have helped me take care of myself?

Think about times that you felt you were doing well - physically, mentally, and emotionally.

- What contributed to that well-being?
- What were you - or others - doing that helped to make you feel satisfied or comfortable?

This may include routines, habits, experiences, supports from others, and access to resources. Think about what has “worked” for you in the past to maintain your well-being.

What are things in the past that got in the way of taking care of myself while also caring for others?

Think of any of the times you have cared for or supported someone else - formally or informally. This could include parents, children, siblings, pets, babysitting, etc.

In those times, were there things that “didn’t work” - that made it difficult for you to do the things you wanted or needed to do to maintain your well-being and continue to move towards your good life? List some ideas of barriers or challenges you want to be mindful of and/or avoid repeating.

What is the focus of your brainstorming?

### Moving Forward

What needs to be in place to maintain or improve my own well-being while continuing to care for others?

What would be helpful to you in achieving your vision of well-being and a good life? Think about what has worked in the past - is there something you need to continue or begin again?

Look back at the kinds of information and skills, opportunities for connecting and networking, and the goods and services that are part of your vision.

What would you prioritize from those supports as “next steps” to help you in maintaining or enhancing your well-being, even/especially as you care for others?

What are things that could compromise my well-being or my caring for others, that I need to be aware of?

As you consider what your personal well-being and good life looks like, what may slow you down or stop you from moving toward that vision?

What could happen that may take you to where you don’t want to go? What do you need to keep in mind and/or plan for to ensure you and your loved one are able to live your good life?

### Vision

Vision for my physical, mental, and emotional well-being:

After describing your good life - think about what well-being means or looks like for you? What is important to and for your related to your physical, mental, and emotional health? What would you like to see or how would you know that you are satisfied or comfortable with your physical, mental, and/or emotional state?

What kind of information, navigation, or skill-building would promote my well-being?

Think about what you need to know or want to be able to do to ensure you are physically, mentally, and emotionally well and able to live your good life?

How would opportunities for connecting and networking with others contribute to my well-being?

Are there formal or informal relationships that are supportive to you and that you want to pursue? What social and/or physiological supports would be beneficial?

What good and services (physical, financial, or material) would promote my well-being?

Are there specific services YOU need to help you to be physically, mentally, and emotionally well?

Vision for a Good Life:

It is suggested to begin here to describe what you want for your life? What would you describe as a “good life” for you personally - what would this look like from day-to-day, or week-to-week. There is no right or wrong answer, and this can be as specific or broad as you prefer. Capture what YOU want for YOUR good life.

### What I Don’t Want

What do I not want to have happen because my needs are unmet?

What are some of the fears or concerns you have about what may happen if you are not doing well physically, mentally or emotionally? What do you want to avoid because you are not able to care for yourself or others?

What is not good physical, mental, and emotional wellness?

What do you NOT want for your personal well-being? What is important to you to avoid regarding your physical, mental, and emotional wellness?