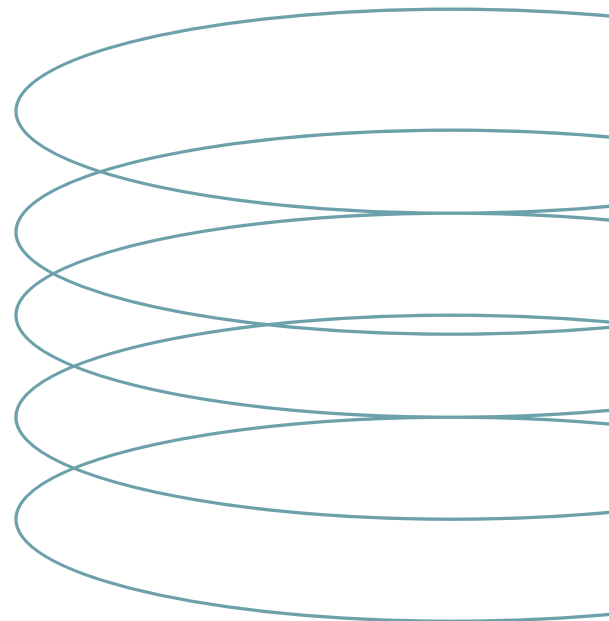




Creating a Meaningful Day



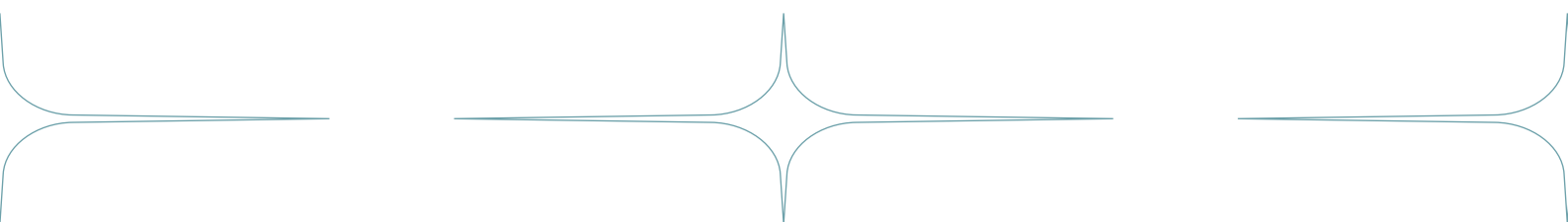


WHAT IS A MEANINGFUL DAY?

Creating a meaningful day means supporting you to explore your interests and how you are connected to other people through those interests.

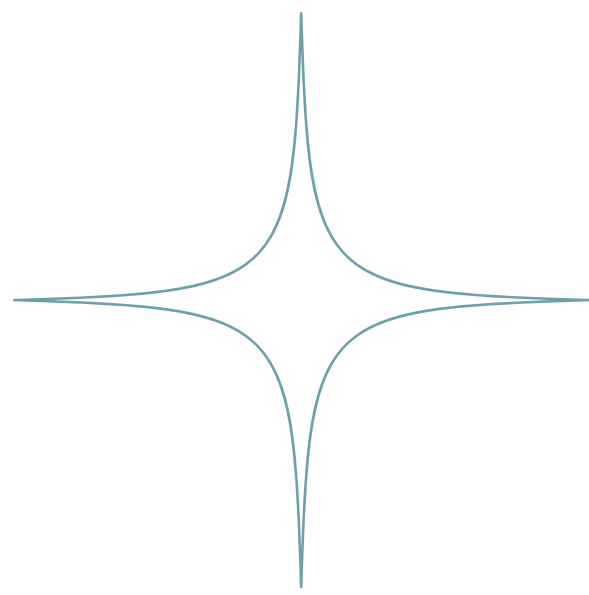
A meaningful day is about self-empowerment, learning, and developing skills, with a goal of helping you learn about who you are, what you are capable of, and how you can connect with others.

A meaningful day is about creating planned and purposeful opportunities.



Fulfillment

Meaningful days help fulfil us. They should be filled with feelings, people, activities and events that provide us with the sense of being valued as an individual. How we measure our well-being is based on our sense of purpose and belonging.



LET'S THINK ABOUT FULFILLMENT...

What feelings or emotions do you want to experience?

What characteristics do you have that others value?

When do you feel you belong?

Who makes you feel you belong

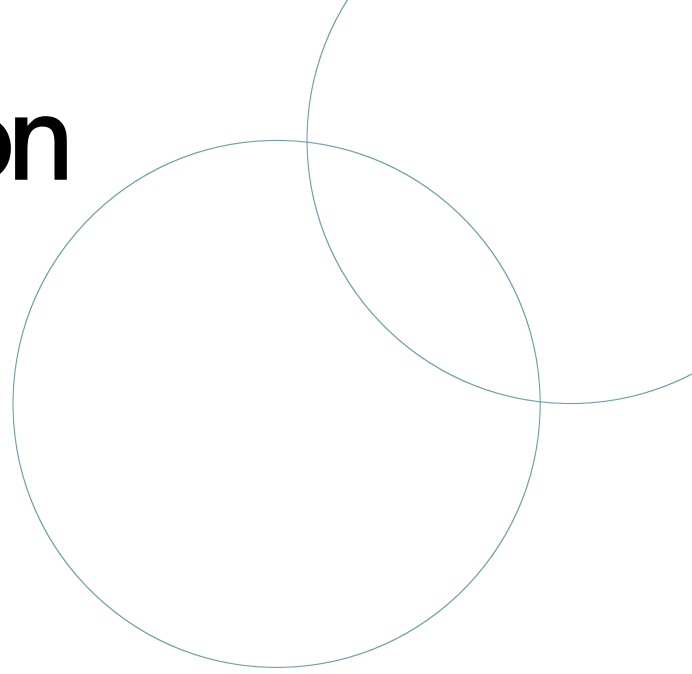
What makes you feel you belong?

Where do you feel you belong?

Social Connection

Social connections are your relationships with other people. Some relationships might be close, others more distant.

Social connections are important, they can help you regulate emotions and lead to higher self-esteem and empathy.



LET'S THINK ABOUT SOCIAL CONNECTIONS...

Immediate Family:

Extended Family:

Friends & Neighbors:

Work, School & Volunteer:

Clubs & Organizations:

Professional & Services:

Hobbies

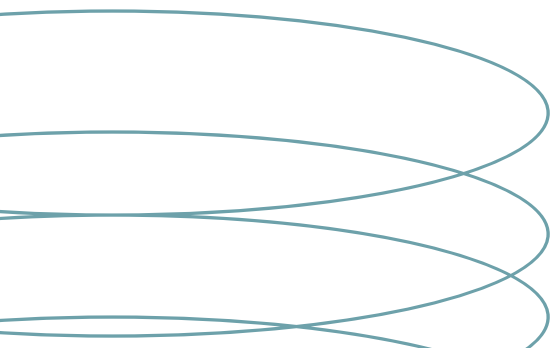
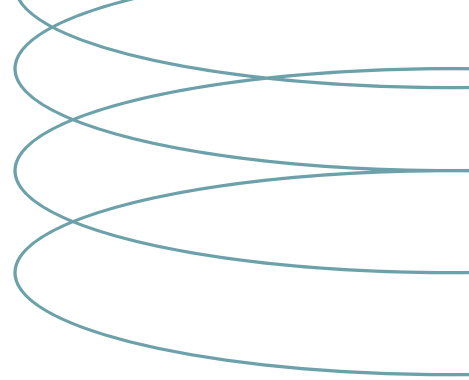
A hobby is an interest or activity you enjoy in your spare time for pleasure or relaxation.

Hobbies help you lower stress, increase physical health, provide social connection and increase happiness.

LET'S THINK ABOUT HOBBIES...

Physical Hobbies
(Sports, Fishing, Hiking):

Creative Hobbies
(Music, Dancing, Drawing):



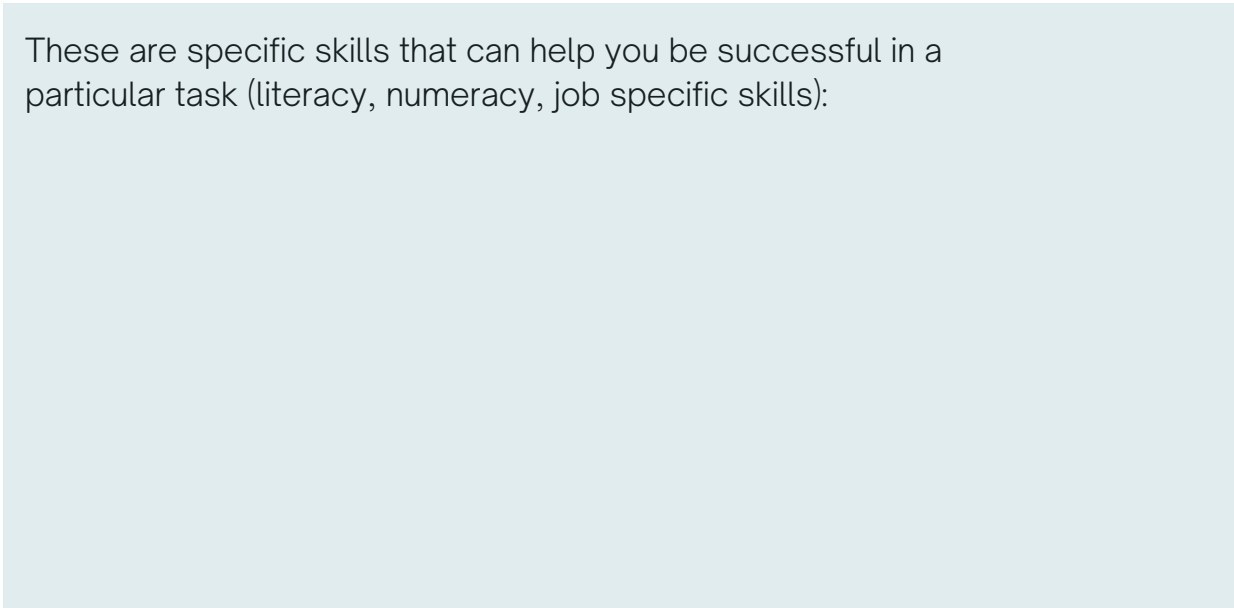
Skill Development



Skill development is about acknowledging existing skills and identifying skills you want to work on.

LET'S THINK ABOUT PRACTICAL SKILLS...

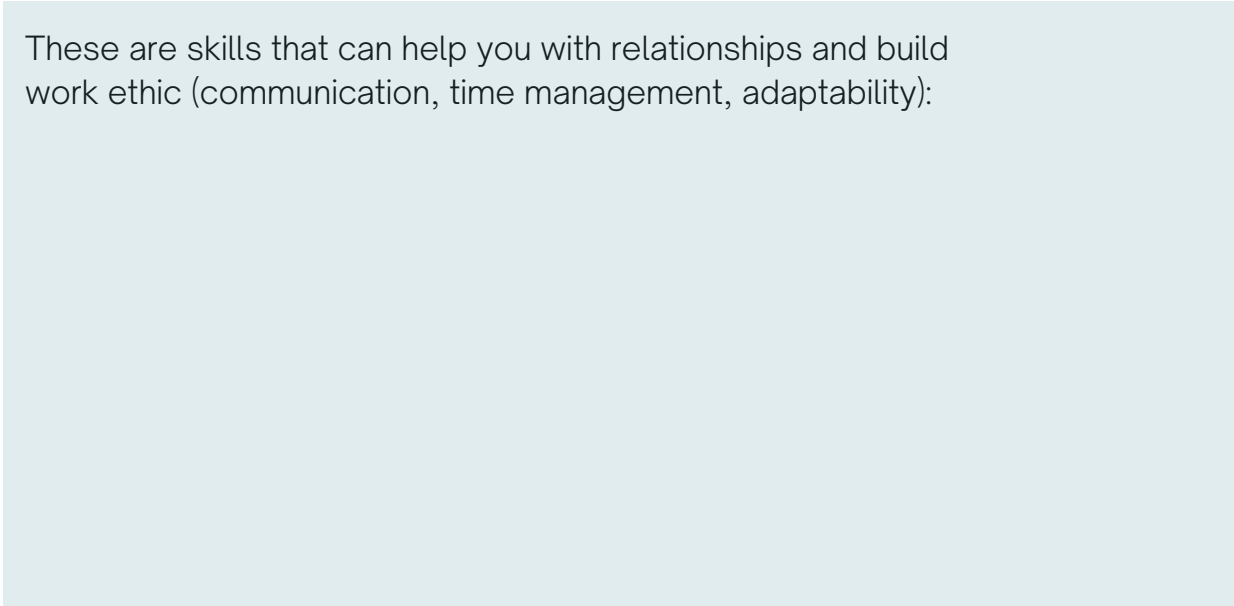
These are specific skills that can help you be successful in a particular task (literacy, numeracy, job specific skills):



LET'S THINK ABOUT PERSONAL SKILLS...



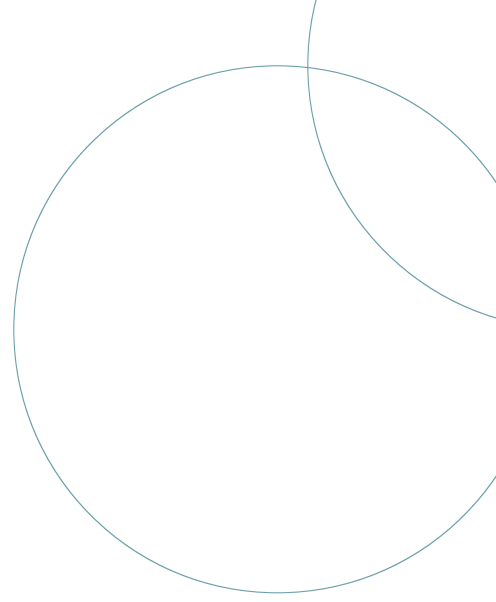
These are skills that can help you with relationships and build work ethic (communication, time management, adaptability):



Welcoming Places

Welcoming places exist in communities. These are places you feel comfortable being yourself and are a valued member.

These places can provide you with opportunities for social connection and activity. They can also be places you could work or volunteer.



LET'S THINK ABOUT WELCOMING PLACES...

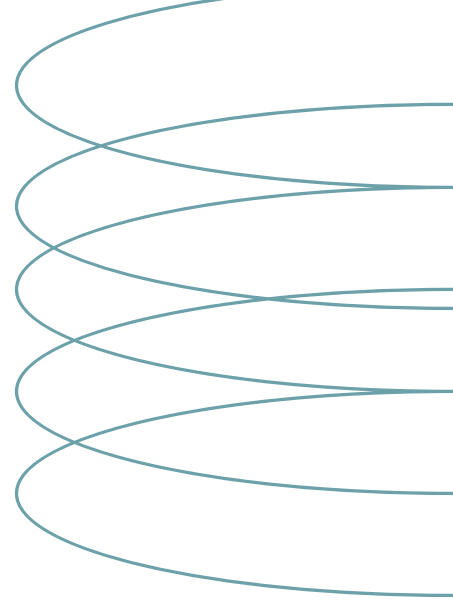
Activity and Social Connection:

Volunteer and/or Work:

Goals

Goals are ideas you accomplish through planning and focused effort. Goals can be large with many steps, or smaller and more personal.

Goals are often very meaningful and can make a lasting impact on the quality of your life.



LET'S THINK ABOUT GOALS...

Social Connection Goals:

Skill Development Goals:

Hobby Goals:

Volunteer or Employment Goals For Now or in the Future:

Creating a Meaningful Day

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