

# Focusing on relationships

## Security

What helps you to feel safe?

## Belonging

What helps you to feel part of things?

## Continuity

What helps you to experience links and connections?

## Purpose

What helps you to have goals to aspire to?

## Achievement

What helps you to feel you are making progress towards these goals?

## Significance

What helps you to feel that you matter as a person?

*My* home life®