



Mind

Knowledge, Mood, Emotions, Beliefs, Mental Health, Values, Hopes, Perceptions

Movement

Functional Movement (moving to do things) and Physical Activity

Nutrition

Food and Drink

Body

Anatomy (parts of body), Physiology (how the body works), Sleep, Medication

World

Relationships, Environment, Housing, Transport, Community, Money

Each part of the Human5 is connected with all the other parts.

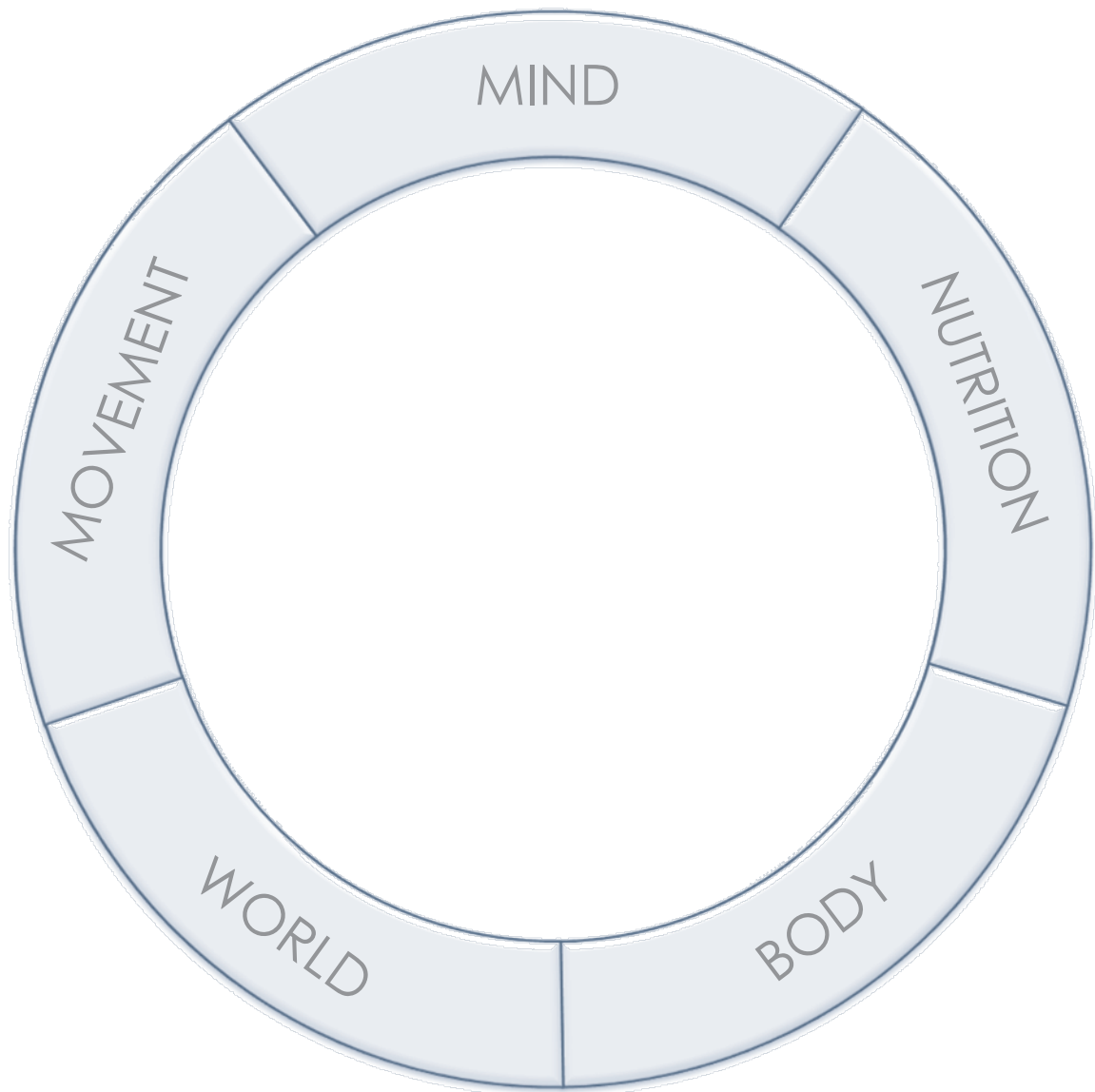
Human5[®]

your journey

Think about these questions:

What matters to me?
What's important to me?

With whatever comes to mind, fill in the centre of the Human5 using a word, sentence, picture or photo.

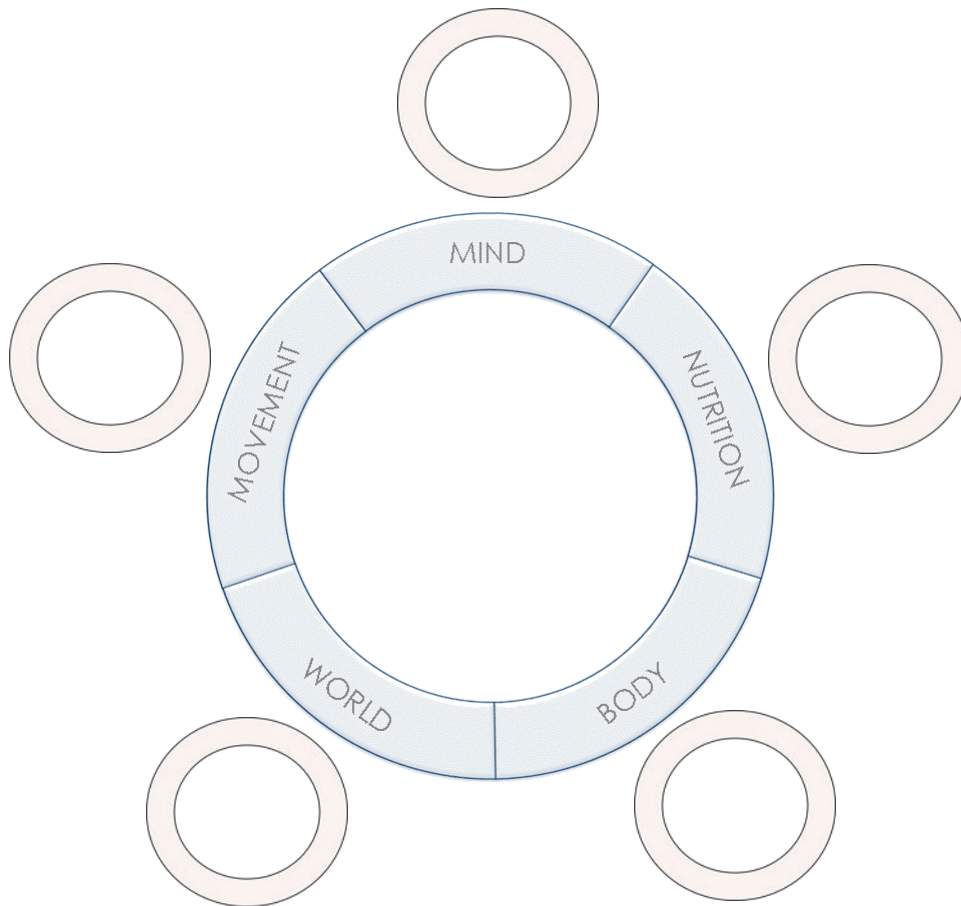


Human5[®]

your journey

Score each area out of 5

(very challenging) 1 ----- 5 (everything's okay)



Would you like to improve any of your scores? Yes / No (circle)

Which score would you like to improve?

What will you do? (choosing an action that is achievable within a short timeframe)

When will you do it? (state a specific time if possible)

How will your score change? (new score out of 5)