

Name: .....

Date .....

Enjoy & Achieve (STEP 1 PLUS)



## Enjoy & Achieve

### Step 1 - Awareness

Knowledge = I Know

/SF

Skills = I can

/SF

### Culture & Faith Needs

I am aware of my cultural and faith needs

*What are they?*

I recognise how fulfilling my cultural and faith needs could improve my quality of life

*How could it improve my life?*

### Enjoying Myself

I am aware of the things I could be doing to enjoy myself

*What could I do to enjoy myself?*

I recognise that doing things to enjoy my life could improve my quality of life

*How could it improve my quality of life?*

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### Concessions

I am aware that there are concessions for leisure activities or clubs available to me

*What are they?*

*Give an example of a concession.*

I understand that using concessions could improve my quality of life

*How could it?*

*What more could I do?*

### Travel Options

I am aware that there are various travel options available

*What are my options?*

I can see that using some of these travel options could improve my life.

*How could this help me?*

*Where could I go?*

*What could I do there that may be better for me?*

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Training & Education			
<p>I am aware of training and education opportunities <i>What are they?</i></p>		<p>I understand that using some of these opportunities could help to improve my life <i>How could it improve my quality of life?</i></p>	
Volunteering & Work Experience			
<p>I am aware of volunteering or work experience opportunities <i>What's out there for me?</i></p>		<p>I can see how taking up volunteering or work experience could improve my quality of life <i>How could this be good for me?</i></p>	

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### Other contacts

I am aware of other services/groups/friends/family/clubs  
*What are they?*

I understand that making contacts and getting involved in other things could improve my quality of life  
*How could it help me?*

*What difference would it make?*

### The way I am

I am aware that the way I act can effect my enjoyment and achievement in life  
*How?*

I understand that if I want to enjoy life more, I may need to change the way I act  
*How could changing the way I act make my life better?*

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I agree that this evidence has been checked and approved as complete for:  • <b>Step 1 - Enjoy &amp; Achieve</b>	Date:	Support Worker:
	Date:	Manager:
If the evidence is <u>not</u> sufficient, please state why, or give any further comments:		