

**Signs of Wellbeing Assessment**

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| What are we Worried about? | What’s Working Well? | What needs to Happen? |
| **Step 1. Gather your information – start in the middle column and move backwards and forwards, between these two columns.** | | **Step 4- Finish with agreed actions** |
| |  | | --- | | **Wellbeing concerns (Past)**  **Critical Worries (Future)**  **Complicating Factors** | | |  | | --- | | **Existing Strengths**  **Existing Wellbeing** | | |  | | --- | | **Wellbeing Goal**  **Next Steps** | |
| **Step 2 – Analyse your information:** Develop your Worry Statement ‘Assessed need’ and Wellbeing Goal ‘Desired Outcome' | | |

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| **Worry Statement(s)** | **Wellbeing Goal(s)** |
| **Step 3 – Judgement: Create a** **Scaling Question which is linked to your statement and goal, this will describe what 0 and 10 will look like based on the specific issues.**  0  10 | |