

I look after my body:



I feel that I sleep well:



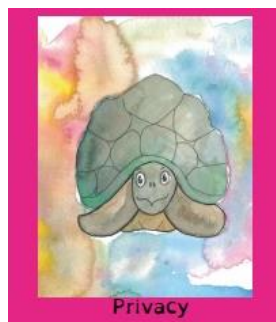
I feel able to talk about my feelings and people listen to me:



I feel I can give and receive good attention with things and people around me:



I can get time to myself when I need to:



I feel safe and able to make choices about things:



I feel I can do things well when I try:



I spend time doing things that are important to me:



I feel that things I do are noticed by others:

