

# Leading & Living My Very Best Life: My Own Inquiry



**“ You can play  
a role in my life,  
but not the lead” .**

## **Introduction**

As the leader of your life you will have a vision of what a great life looks like for you. You might not have fleshed it out fully but like everyone, it is a work in progress.

There are many life areas that you have mastered to assist you to lead your life. There maybe other life areas that you would like to become stronger in - leaving you with even more ability to lead and live a good life.

From this self inquiry it may become clearer to you the things that you would like to strengthen and lead (i) yourself or (ii) ask people in your life, either paid or unpaid, to join you in strengthening.



## **Warning: This inquiry is yours**

The following is a self inquiry. You are the only person that can determine the right answer for you. The answers are yours - you decide who you share your answers with – if at all. Be aware of workers who may ask for it back to put in your file – it is not theirs to keep.

I am already strong	Life Areas	I want to get stronger
	I have a vision of what a good life looks like for me	
	I choose and maintain the accommodation that suits my lifestyle	
	I keep my place the way I like it and make it feel like my home.	
	I choose and control who can and can't come into my home.	
	I am good at looking after my physical self (self care, having enough food to eat, having the right food to eat, getting enough exercise, sleep, etc)	
	I organize myself to get the things done that have to be done.	
	I connect with people that add value to my life and who respect my values and choices.	
	I am considered a friend by others	
	I have intimate relationships, if I wanted one	
	I get out and about in my community	
	I go places and participate in things where people may not know I have challenges	
	I like meeting new people	
	I ask for help if I need it.	
	I get where I need to go as transportation isn't a problem	
	I stand up for myself to get what I need.	
	I communicate my physical and emotional boundaries to others.	

I am already strong	Life Areas	I want to get stronger
	I recharge my batteries when I need to	
	I know and exercise my human rights	
	I have things in my life that are meaningful for me	
	I choose and access a GP when I need one	
	I ask for the sort of help I need from health professionals, when I need it	
	I ask for the sort of help I need from community services, if I need some.	
	I decide how involved I want to be in any medical treatment I receive.	
	I have enough money I need to live the kind of life I want.	
	I control my finances in a way that enhances my life now.	
	I do things regularly that are fun & energizing	
	I take responsibility for my financial future.	
	I choose what kind of work I do and where I work.	
	I ask for assistance to seek, maintain or develop more skills for my work	
	I do things that work for me to relax , when I need to	
	I am confident in responding to people who may discriminate against me.	
	I stay connected with people in my life who accept me for me, even in rocky times.	
	I choose whether to receive treatment for physical and mental health problems or not.	

I am already strong	Life Areas	I want to get stronger
	I choose the type of help I want for any physical and mental health problems.	
	I know the qualities I am looking for in health and community service workers	
	I select the best team members to assist me in leading and living my life.	
	I manage any emotional distress in ways that minimizes its impact on my life	
	I am able to get myself out of sticky situations I experience.	
	I use alcohol and substances in ways that do not negatively impact me	
	I decide whether or not to take medication.	
	I set the wellbeing goals for any treatment or support I access	
	I take the necessary steps to lead and live life at its best	
	I step out of my comfort zone and try new things	
	I consider myself as the leader of my life	
	[Other]	
	[Other]	
	[Other]	
	[Other]	



# Next steps

The following page may assist you to organise the things you would like to get stronger at to lead and live a good life. The areas from this that you would ask others to help you with and identify who they might be.

<b>My top priority areas i would like to have more confidence, resources, skill and/or control in</b>	

# “You can play a role in my life, but not the lead”.

There are many resources in our community that can assist us to live and lead out best lives.

Outside **OURSELVES** as a major resource we have **NATURAL CONNECTIONS** such as friends, family, acquaintances. We also have **COMMUNITY RESOURCES** such as libraries, community centres, sporting groups, spiritual places, interest groups, educational facilities, health centres etc. We also have the vast **ONLINE RESOURCES** at our fingertips. If these resources are not exactly right we can also access specialist health and community services.

Life Area	Who Would I ask?	What assistance would I request?