

My Good Life Plan

Date:

What is the Good Lives Model?

The Good Lives Model was created by Professor Tony Ward. It aims to help you to understand your behaviour and make choices to help you lead a happy and offence-free life.

What are the eleven needs?

The Good Lives Model explains that everyone has fundamental needs in eleven different areas and, to feel good and lead a happy life, we need to meet these needs in a pleasant way.

- 1) Having fun and achieving** (Excellence in play)
- 2) Being healthy** (Life)
- 3) Having a purpose and making a difference** (Spirituality)
- 4) Being my own person and having control over my life** (Excellence in Agency)
- 5) Having people in my life who I feel connected to** (Relatedness)
- 6) Expressing myself in activities I feel good at** (Creativity)
- 7) Feeling skilful in the workplace** (Excellence in work)
- 8) Being able to manage difficult feelings and feeling peaceful** (Inner Peace)
- 9) Feeling informed about the world** (Knowledge)
- 10) Having a sense of belonging to one or more social groups** (Community)
- 11) Feeling good in the here and now** (Pleasure)

All our behaviour is motivated by meeting one or more of these needs. For example, being in a running club could help someone meet their need for having fun and achieving (excellence in play), being healthy (life), having a sense of belonging to a social group (community), and having people in my life who I feel connected to (Relatedness)

How does the Good Lives Model help us to understand illegal online behaviour?

Sometimes, if you don't find healthy ways to meet your needs, you might use unhelpful or harmful ways instead. This may help you feel better in the moment, but these behaviours can hurt other people and yourself. These behaviours can be a person's way of trying to feel better about parts of their life where their needs aren't being met.

Using this plan can help you figure out what needs your online behaviour was meeting for you and how you can meet your needs in new healthy and pleasant ways.

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What makes your life good?

Think about what is important to you and helps make you feel good – are there particular people who you enjoy spending time with? Perhaps you have a favourite hobby you enjoy doing? Add anything, big or small, that makes your life good.

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What are your strengths?

We all have different things we are good at and knowing our strengths can help us achieve our goals. Some people might find it hard to list their strengths – but that doesn't mean that they don't have any!

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Illegal online behaviour:

Use these lines to write about what you were trying to achieve with your illegal behaviour.

Example: I was communicating with adults online about children to feel connected to others.

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My Good Life Plan

1. HAVING FUN

This need is about doing pleasant things you enjoy, spending time with people that make you happy, and being able to succeed and do well at things that are important to you.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to have fun and achieve, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Write down the steps you are going to take to make sure you meet this need in a healthy way. It is important to make sure these steps are specific and achievable. It can also be helpful to divide your goals into things you can do in the short, medium, and long-term. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

For example, rather than setting a goal of 'seeing my friends more', think about what steps you could take to reach this goal. Such as 'reach out to an old friend and arrange to see each other'.

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2. BEING HEALTHY

We all need to feel healthy and safe to be happy. Remember to think about how you meet this need in your online life, as well as through your offline behaviour.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to be healthy, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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3. HAVING A PURPOSE

We all need to feel like we have a purpose and are making a difference, even if that is in a small way. Having structure and a routine, working towards something, helping others and being kind can help us meet this need.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to have a purpose and make a difference, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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4. BEING MY OWN PERSON

Feeling able to express who you are, follow your dreams and ambitions is important to help you feel happy. This could relate to your gender identity, sexuality, religion, race, beliefs, or culture.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to be your own person and having control over your life, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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My Good Life Plan

5. HAVING PEOPLE IN MY LIFE

Feeling connected and close to people is something we all need. This could include feeling close to your family, friends, a partner, or professionals.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to have people in your life who you feel connected to, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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My Good Life Plan

6. EXPRESSING MYSELF

This need is about feeling you can express yourself in activities you feel good at that are important to you.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to express yourself in activities you feel good at, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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7. FEELING SKILFUL

This need is about feeling you are skilful and giving excellence in the workplace through your contribution and output.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to feel skilful in the workplace, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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My Good Life Plan

8. MANAGING DIFFICULT FEELINGS

This need is about being able to manage difficult feelings and feeling inner peace, which is something we all need.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to manage difficult feelings and feeling peaceful, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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9. INFORMED ABOUT THE WORLD

This need is about feeling informed about the world which gives you a sense of knowledge.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to feel informed about the world, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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10. SENSE OF BELONGING

This need is about feeling a sense of community and belonging to one or more social groups.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to have a sense of belonging to one or more social groups, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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My Good Life Plan

11. HERE AND NOW

This need is about feeling pleasure and happiness in the here and now.

Why is this need important to you?

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Rate your ability to meet this need in a healthy way out of 10?

1 2 3 4 5 6 7 8 9 10

(1 means you always meet this need in healthy way and 10 means you only use unhealthy ways to meet this need)

Was your illegal behaviour motivated by this need?

If you think your illegal behaviour was motivated by your need to feel good in the here and now, then write about it here.

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What steps can you take to meet this need in a healthy and safe way?

Remember to make your goals specific and achievable. Set yourself a target of when you are going to achieve your goals and use the review form below to measure how you get on.

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Who can help you meet your goals?

Examples: Family, friends, work

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Signs of success:

How will you know if you are meeting your goals? Think about what signs there might be if you are meeting your needs in healthy and pleasant ways.

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Signs of concern:

What warning signs might there be if you are not meeting your needs safely?

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How will you respond if you see signs of concern?

Examples: I will speak to a trusted adult. I will review my Good Lives Plan and set myself new goals. I will put new restrictions on my internet use.

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When are you going to review this plan?

We recommend that you review your Good Life Plan regularly, to make sure it stays up to date and relevant to your life.

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My Good Life Plan

My Good Lives Plan: Review

Use this form to review your progress on your good lives plan.

1. Having fun and achieving

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

2. Being healthy

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

My Good Life Plan

3. Having purpose and making a difference

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

4. Being my own person

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

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5. Having people in my life

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

6. Expressing myself in activities

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

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7. Feeling skilful in the workplace

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

8. Being able to manage difficult feelings

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

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9. Feeling informed about the world

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

10. Having a sense of belonging

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

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11. Feeling good in the here and now

My Goals: List the goals you set yourself to meet this need.	My Progress: How have you been getting on? Remember to celebrate your successes! If there have been signs of success or signs of concern record these in the box below.	Any changes or new goals: Use this space to update or add to your goals. Remember to make them specific and achievable and set targets of when you are going to achieve them.

Do you need any more support to achieve your goals?

Think about what kind of help you might need and who in your life could support you.

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When are you going to review this plan?

We recommend that you review your Good Life Plan regularly, to make sure it stays up to date and relevant to your life.

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