

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 pleasantly.

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

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.

My Good Life Plan

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.

.....

.....

.....

.....

.....

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!

.....

.....

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

.....

My Good Life Plan

1. EXCELLENCE IN PLAY – HAVING FUN

This is about how people spend their time and the range of activities in which they are involved. It is important for people to see that all activities are worthwhile and for people to have activities which offer elements of fun, excitement, challenge, and achievement. This might involve hobbies, work, and exercise.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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'.

.....

.....

.....

.....

My Good Life Plan

2. LIFE - HEALTHY LIVING AND FUNCTIONING

This is about how we live our lives in terms of our physical health (exercise, diet, feeling comfortable with our appearance) and emotional health (looking after ourselves inside).

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

3. SPIRITUALITY - FINDING MEANING AND PURPOSE IN LIFE

Whoever we are, it's important for us to feel like we understand our purpose in life. This could stem from religion, but it doesn't have to. This could be something like 'being a good friend', 'being a good brother/sister', or contributing to your community in some way.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

4. EXCELLENCE IN AGENCY - BEING MY OWN PERSON

This is about feeling like we can manage and control our lives. The ability to make decisions and feel as though we have a say in our lives is very important. This is also about being able to manage the way we behave and the way we feel, for example, knowing what to do if we have had a bad day. This is also about being able to make decisions and solve everyday problems in life.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

5. RELATEDNESS - HAVING PEOPLE IN MY LIFE

This is about having intimate, romantic, and familial relationships.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

6. CREATIVITY - EXPRESSING MYSELF

It is important that we have activities in our lives that we feel good at. To feel good about ourselves, we need to have a sense of achievement. This can also help with our self-esteem. This doesn't mean actually being 'the best' in comparison to others but feeling that we are doing the best we can in whatever we do.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

7. EXCELLENCE IN WORK - FEELING SKILFUL

This can also involve feeling like we have mastered activities and skills-training that are important to us in the workplace. It can include creativity, like being able to create or make new things, come up with new ideas, or be artistic or practical in some way.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

8. INNER PEACE - MANAGING DIFFICULT FEELINGS

This is about feeling peaceful and comfortable. It means that we should feel free from difficult feelings, and that we should know how to deal with these feelings if we have them. This also means feeling safe; physically and emotionally.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

9. KNOWLEDGE - INFORMED ABOUT THE WORLD

This is about having knowledge and understanding so we feel informed about our world so that we feel we understand what is going on around us. Knowledge can come from life experience, what we learn at school, from books or from the media. It does not mean 'being clever', but feeling as though we know what we need to to feel alright in the world.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

10. COMMUNITY - SENSE OF BELONGING

This is about having a sense of belonging and responsibility to the social group we live in. This also includes a sense of fitting in. It is important that we have a group of people where we feel we fit. Belonging might stem from friends, family, colleagues, a religious group or another group of people.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

11. PLEASURE - HERE AND NOW

Feeling good in the here and now. This is the ability to anchor ourselves in the moment and have gratitude for what we have, rather than worrying about the past or the future.

Why is this need important to you?

.....

.....

.....

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.

.....

.....

.....

.....

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.

.....

.....

.....

.....

.....

My Good Life Plan

Who can help you meet your goals?

Examples: Family, friends, work

.....

.....

.....

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.

.....

.....

.....

Signs of concern:

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

.....

.....

.....

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.

.....

.....

.....

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.

.....

.....

.....

My Good Life Plan

My Good Lives Plan: Review

Use this form to review your progress on your Good Life Plan.

1. Excellence in play - 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. Life – Healthy living and functioning

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. Spirituality – Finding meaning and purpose in 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.

4. Excellence in Agency - 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.

My Good Life Plan

5. Relatedness - 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. Creativity - 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.

My Good Life Plan

7. Excellence in work - 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. Inner Peace - 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.

My Good Life Plan

9. Knowledge - 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. Community - 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.

My Good Life Plan

11. Pleasure - 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.

.....

.....

.....

.....

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.

.....

.....

.....

.....