

What matters to me



Let staff know what matters to you. This might be a big thing or a small thing.

It is important to be ready to talk about what matters to you when you speak to someone about your health.



This means they can give you more help. Remember, you are in charge of your health and what happens in your life.

1. What matters to me?

For example

- My religion/what I believe
- My pets
- Being in nature.



2. Who are the most important people in my life?

For example

- My family and friends
- My carer
- My community and faith group.



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3. What things do I do to keep well?

For example

- Exercising
- Taking my medication
- Eating well.



4. Key things to think about for my future

For example

- My goals and hopes
- My **motivations** – this means what makes you want to live and do well.



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Use this space to write down what matters to you.