

# What matters to me

Let staff know what matters to you – big or small.

It's important to be prepared to talk about what is important to you when you speak to someone about your health and wellbeing.

This helps them to support you better. Remember, you are the expert of your own health and experiences.

## 1. What matters to me?

For example:



My religion / spiritual beliefs



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

## 3. What things do I do to keep well?

For example:



Exercising



Taking medication



Eating well

## 4. Key things to think about for my future

For example:



My goals and hopes



My motivation



