



# **'I live my best life in a place I call home'**

Journal 1 of our 'I Statement' Series

This journal belongs to:

Date started:



# ‘I live my best life in a place I call home’



The first journal in this ‘I’ statements series focuses on how you can live your **best life in a place you call home**. In this journal you can find out what this means to you and explore how to live your best life. Then you can set some goals you can work towards this year to make your **best life** a reality!

## How does your home make you feel?

Think about people, furnishings, pets, indoor and outdoor space etc. Write down your thoughts in the box below:

Examples

- My home makes me feel safe and calm
- I like the people I live with
- My room is painted my favourite colour

# What does ‘living your best life’ mean to you?

Think about your interests, favourite activities, family and friends. Write down your thoughts in the box below:



“Eating my roast dinner with my family”

“Going swimming twice a week”

“Spending time in my garden”

# A Place I Call Home

Your home is an important space, so have a think about how it makes you feel.



Draw some people you live with or items in your home that are special to you.



Could you make your home more homely?  
What support would you need to do this?



# Living Your Best Life Setting Goals



Goals can be anything you want to achieve. A goal could be something big, like a holiday of a lifetime, or something smaller and every day like getting public transport to your favourite café. Goals help inspire us and keep us on track, helping motivate us to achieve our dreams.

## What are your goals for living your best life?

Write down your ideas here:



Why not make yourself a to-do list so you can start working on your goals?



# Support Plan

Now have a think about what support you may need to reach your goal of living your best life:

Place a photo here  
of the person who is  
going to support you:



What is their name?

How can they support you?

Are there any big factors you need to consider like travel or cost?



**Holiday Plans**

- ✓ Get a passport
- ✓ Pick a destination
- ✓ Book a hotel
- ✓ Travel Insurance
- ✓ Pack your bags



## Did you achieve your goals?

Write down how you got on:

A large, white, speech bubble-shaped area with a yellow pencil icon at the top right, intended for writing a response.

How are you ‘living your best life in a place you call home?’ a few weeks or months on? Write down your thoughts here:

A white rectangular area with five horizontal dotted lines and a yellow pencil icon at the top right, intended for writing thoughts.

# Get Creative

This journal is about 'living your best life in a place you call home'. Use this space to write, draw, doodle, collage or add anything that shows what "home" means to you.



**Creative  
Mission  
Competition**

We are bringing back our  
**Creative Mission Competition for 2026.**

Send us a picture of the back page of this journal  
for your chance to win a We Care Hoodie!

Send your work to **[marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)** to be  
entered into our monthly Creative Mission Competition.