



'I enjoy choices and rights and have control over my life'

Journal 3 of our 'I Statement' Series

This journal belongs to:

Date started:

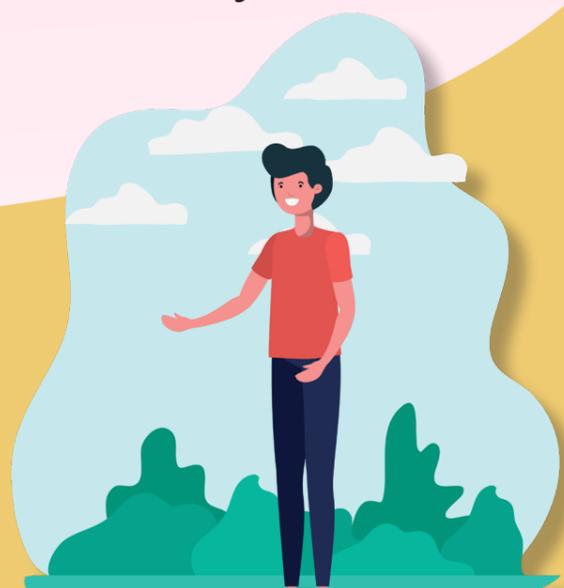


'I enjoy choices and rights and have control over my life'



The third journal in our series explores the importance of making our own **choices**, knowing our **rights** and having **control** over our lives.

In this journal, you can think about the types of choices you make every day. You can learn more about your rights and what it means to have control over your life.



Making Choices

We all should feel free to make choices about our own lives. They can be small choices like what to have for breakfast, or big choices like where to go on holiday.

What is a choice you have made recently that has made you happy?



"I choose to visit my friend today"

Choices Big and Small

We make choices every day. Sometimes small decisions can lead to bigger changes in your life. It's good to think about the positive choices you can make that will help you to live your best life.

Small

What are some small positive choices you can make today?

Think about things like choosing the meals you eat, the clothes you wear, the places you go.

Medium

What are some bigger positive choices you could make this month?

Think about things like how you spend your money, the people you spend time with, the activities you do.

Big

What is one big choice you want to make?

Think about things like choosing where to go on holiday, or a goal you would like to work towards.

What are Human Rights?

- Human rights are rules that protect people. Everyone has human rights, no matter who they are.
- Human rights make sure that people supported in services are treated with kindness, dignity and respect.
- We have lots of rights, including the right to be alive and the right to be safe from serious harm.
- If you think your human rights have not been respected, you have a right to speak up.

If you thought your rights had not been respected, who would you speak to?

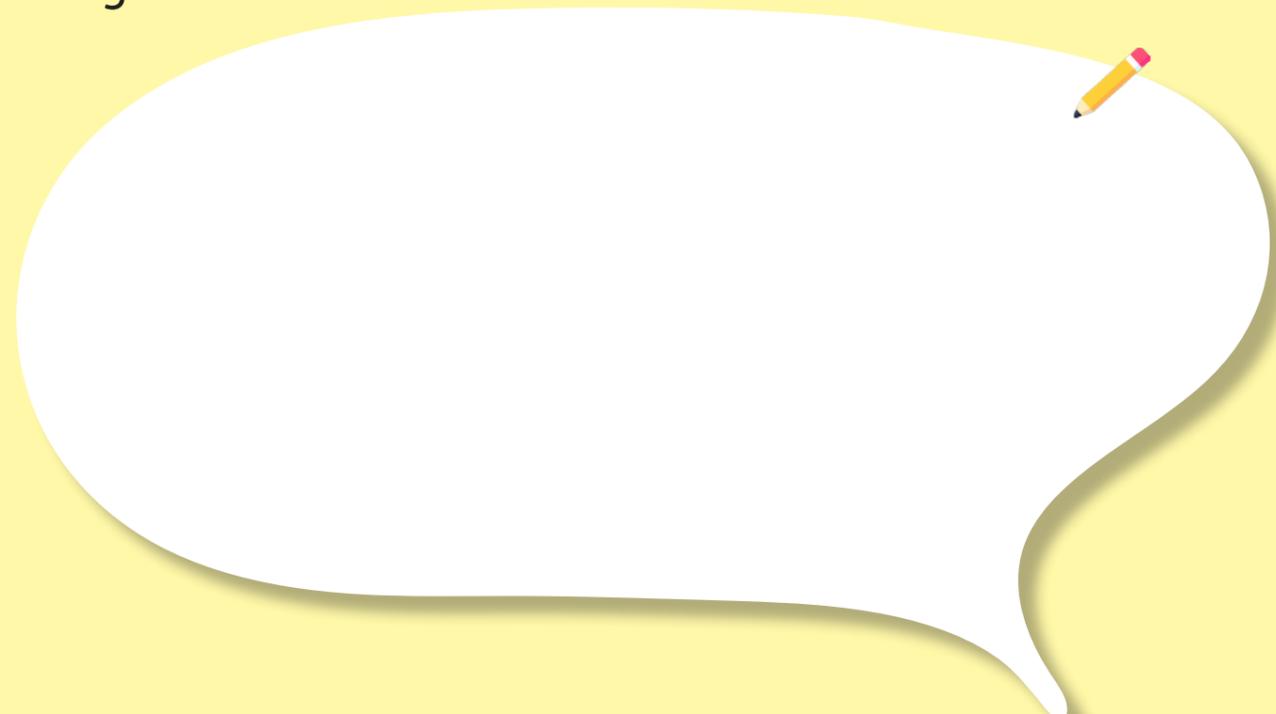
You could speak to your staff or Creative Support's Customer Care team.

If you weren't happy with the outcome, you could speak to your local council or CQC, if CQC inspects your service.

Creative Support respects your human rights and has a Human Rights policy. You can ask staff for a copy of the policy. It is also available in Easy Read format.

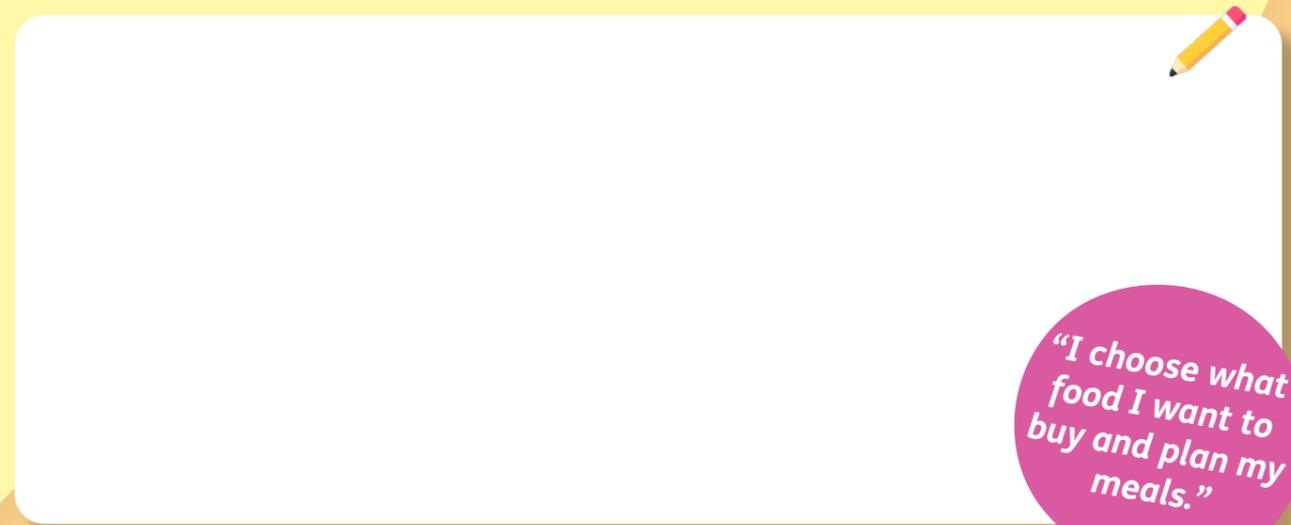
What does the word 'control' mean to you?

What do you think of when someone says they 'have control over something in their lives'? Write down your thoughts below:



What areas of your life do you have control over?

Think about your health, your body, your finances, your relationships, your home and your hobbies.



"I choose what food I want to buy and plan my meals."

My Control Board

It is important that you have control over as many areas of your life as possible. Here are five important areas of life. Create your very own control board and write down key things you want control over for each:

Health



Write down things you would like to have more control over, consider your health, your finances, your relationships, your home and your hobbies. Tell us what support you might need.



Finances



Relationships



Home



Hobbies



Hang this up as a reminder to anyone involved in your support

Reflections

Have a think about all the positive decisions you have made over the last month and write down how you feel now:

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Why not have a chat with someone you trust about how you can plan the next day, week and month to make sure you are choosing to do more of what you love?

Example:
"I wanted to get healthy. I have a gone for a walk three days this week and have planned healthy snacks."

Get Creative

This journal is about enjoying choices, rights and having control over your life. Use this space to write, draw, doodle, collage or add anything that shows a choice you made recently that made you happy.



**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** to be
entered into our monthly Creative Mission Competition.

