



MY POSITIVE HEALTH

ADOLESCENTS / YOUNG ADULTS
16-25 YEARS

- Taking care of yourself
- Being able to work or study
- Knowing your limitations
- Knowledge about health
- Ability to plan
- Being able to ask for help
- No smoking, alcohol or drugs



DAILY LIFE

- Social contacts
- Being taken seriously
- Doing fun things with other people
- Belonging
- Self-expression
- Meaningful relationships
- Receiving support and understanding from others

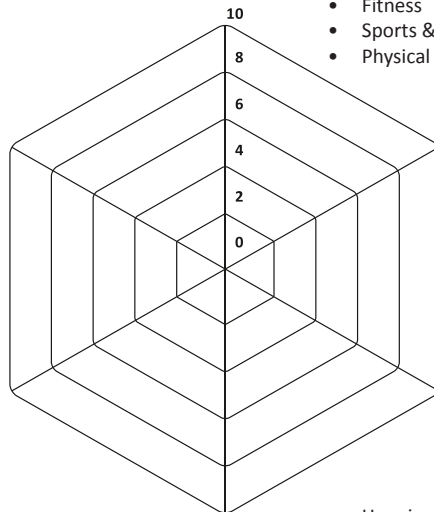


PARTICIPATION



MY BODY

- Feeling healthy
- Having energy
- No physical complaints or pain
- Eating healthily
- Sleeping
- Fitness
- Sports & exercise
- Physical appearance



MY FEELINGS AND THOUGHTS

- Concentration
- Managing your feelings
- Feeling positive about life
- Accepting yourself
- Confidence in yourself
- Dealing with change
- Being in control



MEANINGFULNESS

- Leading a meaningful life
- Having confidence in the future
- Having a zest for life
- Having goals and dreams
- Making choices
- Accepting situations
- Gratitude



QUALITY OF LIFE

- Happiness
- Enjoyment
- Experience balance
- Feeling safe
- A pleasant environment
- Housing and living environment
- Making ends meet

The following is particularly important to me _____