 Signs of Wellbeing Assessment 

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| What are we Worried about? |  What’s Working Well? |  What needs to Happen? |
| **Step 1. Gather your information – start in the middle column and move backwards and forwards, between these two columns.** | **Step 4- Finish with agreed actions** |
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| **Wellbeing concerns (Past)****Critical Worries (Future)** **Complicating Factors** |

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| **Existing Strengths** **Existing Wellbeing**  |

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| **Wellbeing Goal** **Next Steps**   |

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| **Step 2 – Analyse your information:** Develop your Worry Statement ‘Assessed need’ and Wellbeing Goal ‘Desired Outcome' |

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| **Worry Statement(s)** | **Wellbeing Goal(s)** |
| **Step 3 – Judgement: Create a** **Scaling Question which is linked to your statement and goal, this will describe what 0 and 10 will look like based on the specific issues.**010 |