

LIFESTYLE PLANNING

MOVING FROM SURVIVING TO THRIVING

Name:

Date:

Here at Reclaim, we understand that daily life in itself can be an overwhelming struggle.

As occupational therapists, we focus on unpacking the functional elements which are making any specific situation a struggle so that we can help you to build a world in which you thrive.

To help in unpacking what is important to you, it can be helpful for you to take some time to work through the following questions, and then discuss your answers with your occupational therapist.

What are the things that cause you to struggle each day?

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What does managing well each day look like for you?

*Now that you know what managing each day means (surviving),
what would thriving look like for you?*

What would thriving look like in 3 months?

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What would thriving look like in 6 months?

What would thriving look like in 12 months?