

MY LIFE TOOL

WHAT'S
IMPORTANT
TO ME

TOOLBOX
BOOK FIVE



ABOUT THIS BOOKLET

Everyone finds purpose in life in different ways. For you it might be about spending time with your family, creating things or having a reason to get out of bed in a morning. You might like to set yourself challenges and achieve certain things or you might want to find more time for yourself.

You might need support to identify what gives you purpose in life and you might not be ready to think about it yet, so you might want to work through the other booklets before you begin this one.

This booklet will encourage you to think about...

- What is important to you
- Finding time for you

“...not just existing but actually living life with a condition”

DISCOVERING MEANING AND PURPOSE

Some people know what gives them purpose in life, but for others it can be difficult to pinpoint. Living with a long-term condition can make you feel that the things that are important to you have been taken away from you, however it is possible to find new things that give you a sense of purpose.

To find what does (or could) give you meaning and purpose in life, think about what makes you feel good. Once you have an idea of what might give you purpose in life, try and find as many opportunities as possible to do it and see how you feel.

Ask yourself...

What makes me happy?

What do I enjoy?

What interests me?

Once you have thought of something you think could give you a sense of purpose in life, try it out and see how it makes you feel. Make sure what you want to try is realistic for you. If you are not sure how to start trying something new or how to know whether it is realistic, try the worksheets in booklet 3 on “approaching challenges and demands” (page 5) and “achieving” (page 7).

FINDING TIME FOR ME

It is easy to neglect your own needs either by putting others first or not making time for yourself. It is important that you make time to do things that make you feel good about yourself and help you to feel free to reach your potential.

Regular activities	Things that you should do every week or month to make time for yourself. These might also help you to achieve your ultimate aim. Things like: going to the gym, reading a book or meeting a friend.
Initial aim	Things you aspire to but that will take a few weeks or months. Things like: learning to swim, writing a small collection of poems, or learning to play a musical instrument.
Ultimate aim	Things you aspire to the most but that may take a lot of time. Things like: completing an evening course or joining a band.



MY OPPORTUNITIES

It is common to think about things you have lost since your condition(s) developed. However, living with the condition might also bring with it new opportunities. For example, if you are no longer able to work, you could spend more time with your family or doing things for you. It can be useful to think about the opportunities that have come with your condition(s).

Opportunity 1

Opportunity 2

Opportunity 3

LOOKING TO THE POSITIVE

Sometimes it can be hard to see the positive. Having something that makes you smile can be a simple way of looking to the positive in difficult times. It can be an image, a mantra, an object, a song... anything. When you are finding it hard to see the positive, you can look back at this and see if it can help you look to the positive. Some people even put these things on post-it notes around the house.

Find something that makes you smile

MYLIFE TOOL

Developed by



NEURO KEY

An Alliance supporting people
with neurological conditions



Meaning & Purpose
Living with
Long-Term Conditions



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