

Good Lives Model

Everyone wants things in their lives that are **Good**



These **Goods** can make us feel happy



It is important to get a good balance with these **goods** so that people live happy lives.



It can also make it less likely that they will offend.

Having less Goods in your life can make you unhappy.



The way we get these goods can also lead to problems (for example someone might try and get inner peace by drinking lots of alcohol which affects their health or makes them break the law).

Creativity	Making new things like music, poetry or thinking in a new way.
Healthy Living	Living a healthy life including diet, exercise and looking after your mental health.
Excellence in work	Having an area of work you think you are good at.
Excellence in play	Having a hobby or something you enjoy doing that you think you are good at.
Self-management	Taking responsibility of your life.
Love, Friendship & Intimacy	Having relationships like family, friends, partners and feeling part of the community.
Knowledge	Getting knowledge from books and education or from life experiences.
Inner Peace	Feeling comfortable with yourself.
Spirituality	Feeling like you have a purpose or belong.