



# What is a good life?



We all want a good life.

What do you need for a good life?



We are all different but there are some things most of us need.



There are some things that most of us want.

There are basic things we need to stay alive like:



- food



- sleep



- a place to live.

There are other things we need like:



- equipment



- help from doctors



- to be safe.



We need all these things to live but  
will they make us be happy?

Will they give us a good life?



To have a good life, most of us want  
to have people in our life that we  
care about. This could be:



- our friends. It could be a boyfriend or girlfriend



- our family.



Most of us like to feel like we are part of something. That there are people who would miss us if we were not there.



We want to have things to do that make us healthy.



We want to achieve things and feel good about ourselves.



We want to learn new things.



We want to do things just for fun.



We want to do things that we love to do.



We want to have a place to live that we like.



Some of us want to live with other people.

Some do not.



Lots of us want to have a job.

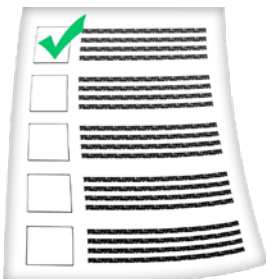
We could get paid or volunteer.



We want to have things that we can plan and do in the future. Like a holiday.



Most people say that having people who care about you is the most important thing.



All these things help us have a good life.



You may need help to do the things that will make your life good.



You may need help from your friends and family.



You may need some funding (money from the government) to help you do the things you want.



You can think about what you need for a good life.





You can plan to do things that will make your life good. You can have goals.



Your good life should be all about you!

## Contact details



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