



Input



Process



Output



Outcome

## Morning Routine Exercise

### Introduction:

As already mentioned Talking Points: Personal Outcomes approach has these two fundamental aspects within it, the first of which is the support to / conversation with / involvement of the person in identifying the goals they want to work towards. We are going to do a brief exercise to help focus on the significance of individual ownership and choice in goal setting

### Ground Rules:

Participation not pressure. Confidentiality

### Image on Screen linked to morning routine:

e.g. alarm clock, bowl of cereal – cat!

### My morning routine:

- Please take 5-10 minutes to write down list on given piece of paper all that you did this morning between whatever woke you up to whenever you left the house.
- Now highlight the elements within your list / routine that you consider to be essential for your general well being
- How would you feel if any one of these essential elements was not included in your morning routine
- Now swap your routine with that of the person sitting next to you
- How would you feel if you had no choice but to take on this different routine
- How do you feel about having been asked to share this information with someone else

### Group discussion:

What have we learnt from this exercise