

My Home

- I live in a house/flat that I love
- I live in a geographical location that I chose/would choose
- I am happy living with the people I do/living alone
- I can relax at home
- My home is clean and tidy
- There is nothing around my home that I could happily live without
- I have enough space in my home
- I feel safe in my home and the surrounding area
- The noise level in my home is right for me
- The temperature in my home is comfortable
- My pets and/or plants are healthy and well looked-after
- I am up-to-date with my washing and ironing
- The appliances and equipment in my home all work well
- I am not putting up with anything about my home (e.g., a cracked window, a door handle that has fallen off)
- My papers, receipts, bank statements and so on are all neatly filed
- I make my bed every day
- I wash my bedsheets at least once in six weeks
- Friends/guests feel comfortable in my home
- My garden is neat and tidy so I can enjoy it OR I have easy access to open, green space for recreation
- My car is in good condition (runs reliably, has everything working, is clean inside and out) OR I have no trouble getting to where I want to go by public or other transport

My score on _____ (date) is _____ / 20