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| **7.4**  | **Develop their ambitions**Happiness & meaning |
| **Young person:** |   |
| **Practitioner:** |   |
| **Date:** |   |

Young people who successfully desist manage to **come to terms with their past**, often **learning valuable lessons** from their offending and punishments. They learn to **take control of their lives, and develop a clear sense of purpose and meaning to their actions.**

Happiness and finding a sense of meaning in life are important to all of us, **and young people who offend are no different.**

Often offending can be linked to a **desire to achieve happiness**, or even the **desire to be part of a group with a common purpose and a shared identity.**

**Young people often benefit from considering where they find happiness & meaning in their lives and exploring what other routes to these there might be out there.**

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|  | **What do they do that makes them happy or brings them pleasure?**  |  |  | **What meaning do they see in life? Would they say they have a purpose?**  |
| * Are they able to **enjoy social interactions?**
* Do they seek out **thrill seeking activities?**
* Are their fun activities **linked to offending?**
* **What fun things would they like to do, but don’t have chance**?... **can you help?**
 |  | * **What is life all about**, in their opinion?
* Do they feel there is a **purpose** to the things they do?
* Do they **believe** in anything? Maybe a **religion** or a **philosophy**?
* Do they share a **common purpose** with anyone?
* **Would they like to have more direction or purpose?... can you help?**
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