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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?** | |