Good days and bad days

This person-centred thinking tool is a way of exploring in detail what makes a good day for a person (what needs to be present in their daily life) and what makes a bad day (what needs to be absent). You can then set actions to help the person have more good days. Learning about good days and bad days tells us what is important to someone and how they want to be supported, and this information is recorded in a one page profile.

Benefits for the person
- Identifies the rituals and routines that are important to the person on a daily basis.
- Can identify triggers for stressful situations so you can think about how to minimize or prevent these.
- Begins a shared understanding of what is important to the person and what the best support is for them (this can be recorded in a one page profile).
- A way to identify how what needs to happen for the person to have more good days in their life.
- To gather information for one page profiles.

Benefits for employees and the organization
- For the team to think about what their good days and bad days at work are like, and what each person can do to have more good days and fewer bad days.
- Helps the team learn what they can each do to support each team member to have fewer bad days.
- Can identify triggers for stressful situations for the team, that may need to be addressed through changes to policies or practices, or require new skills or knowledge.
- To gather information for one page profiles.

Using it with an individual
- Ask the person (or find out from people who know the person well if the person cannot tell you directly) to think about their very best day and what that would be like from when they wake up in the morning to when they go to sleep at night.