

Happiness is living a good life



Feeling good about yourself and things that you do each day
Doing things that are meaningful to you
Having goals that you are achieving
Enjoying your life activities

Happiness is having a strong support system around you.



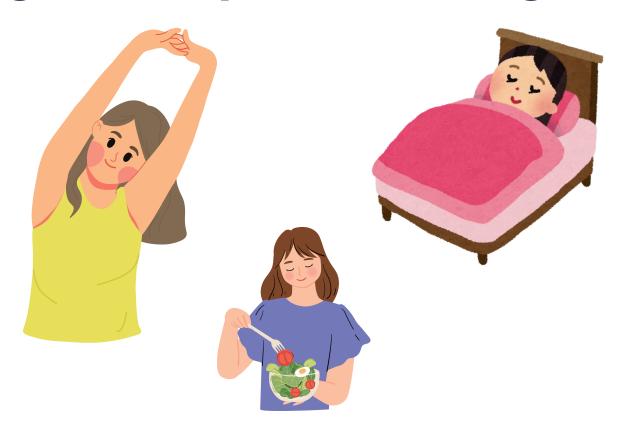
family and friends, support people, important people in your life

Happiness is being part of your community



Feeling valued, welcome and included

Happiness is being healthy and feeling well



Regular exercise or being outdoors
Eating healthy
Getting a good nights sleep

Happiness is being emotionally strong



Being able to deal with challenging situations, Having resilience and good coping skills

Happiness is making your own choices in life



Being supported to understand your options
Feeling empowered and
confident in expressing your preferences

Happiness is feeling safe



Being free from harm
Knowing how to keep yourself safe
Being supported to feel safe



is a uniquely individualised counselling, coaching and support service

Every session tailored to your needs and preference



Caralyn currently has availability for:

1 hour counselling sessions
1:1 support sessions
Group social and wellness programs

For mpre information or to book a session contact caralyn@guidingsteps.com.au or check out our website https://guidingsteps.com.au

