



This Housing Stability Plan is a clear road map for you, supporting your goals for a healthy and happy housing status. Complete, then revisit, the Housing Stability Plan, print tools as needed.

HOUSING STABILITY PLAN							
<p>Housing: Do you feel safe where you are? What do you need to stay housed? If not housed, where would you want to live? If housed, how is your relationship with your landlord? What are your housing goals?</p>				<p>For Housing and Housemate Options, Explore these Links:</p> <p style="text-align: center;"><u>Finding Housing</u></p> <p style="text-align: center;"><u>Housemate Pairing Questions</u></p> <p style="text-align: center;"><u>Housemate Agreement</u></p>			
<p>Explore these links: <u>Tips for How to be a Good Tenant</u></p> <p style="text-align: center;"><u>How to Foster A Good Landlord Tenant Relationship</u></p>							
<p>Long-term housing stability is connected to personal Emotional, Physical, Social and Occupational goals. Our ability to make choices that promote balance and support is essential. The questions below can guide you to improvement in each domain.</p>							
Are you supporting your Emotional wellness?				Are you supporting your Physical wellness?			
Select your response	No	Kind of	Yes	Select your response	No	Kind of	Yes
I can name two people I can call for help or support.				I know how to reach my doctor if I have any health concerns.			
I can name two people I've helped in the last 30 days.				I regularly purchase fruits and vegetables and actively monitor my diet.			
I speak to a friend at least once per day (via phone or in-person).				I exercise or take walks with myself, a group, or a friend regularly.			
Recent achievements:				Recent achievements:			

SELF-ASSESSMENT HOUSING STABILITY PLAN



<u>New goals and action steps:</u>				<u>New goals and action steps:</u>			
<u>Key challenges to achieving goals:</u>				<u>Key challenges to achieving goals:</u>			
Are you supporting your Social wellness?				Are you supporting your Occupational wellness?			
Select your response	No	Kind of	Yes	Select your response	No	Kind of	Yes
I am regularly in touch with my family and/or friends.				I attend a full-time job or have a volunteering commitment.			
I try to help my family and friends in different ways.				I can name two things I participate in outside of my home that give me fulfillment.			
I am involved in at least one community organization, social program, or attend community events.				I am committed to learning a new skill – exploring my purpose.			
<u>Recent achievements:</u>				<u>Recent achievements:</u>			
<u>New goals and action steps:</u>				<u>New goals and action steps:</u>			
<u>Key challenges to achieving goals:</u>				<u>Key challenges to achieving goals:</u>			

SELF-ASSESSMENT HOUSING STABILITY PLAN



Long-term housing stability is connected to conflict resolution goals.

- Is there conflict in your household that risks your housing status?
- How do you get to know your housemates better?

Conflict Resolution Resources	Household Harmony Resources
<u>Anger De-Escalation Techniques</u>	<u>Cooking Well With Others</u>
<u>Conflict Management for Housemates</u>	<u>Storytelling With Others</u>
<u>Tips for How to be a Good Housemate</u>	<u>Housemate Conversation Starters</u>
<u>Housemate Agreement</u>	<u>Playing Games With Others</u>
Community Connections	Employment Supports
<u>Getting Socially Connected</u>	<u>Uncovering Your Personal Genius</u>
<u>Connecting with Your Community</u>	

What are your most helpful housing stability tools to print out today?