

Word Choice Cheat Sheet

Instructions: Use this cheat sheet as a reminder of good words to use when writing about Quality of Life on your documentation (i.e. Daily QoL Sheet).

GOOD QUALITY OF LIFE WORDS	
feels safe	feels proud
smiles	asks for help
with him/her	offers help
content	engaged in
feels valued	participated together
joy	shared
friend	trust
companionship	reciprocates the value

Feels Safe...

- A feeling of self-worth and being grounded
- Knowing one's place in the world and feeling well about it
- Having a circle of friends
- Accepting others
- Able to tolerate the changes in life knowing that you have a supportive circle

Feels Loved...

- Asking for help
- Finding joy in others
- Pride in self
- Socializing
- Pride in hobbies
- Caring for bodily needs
- Helping others
- Contentment
- Finding joy in caregivers
- Finding joy in peers
- Sweetly communicating
- Sharing possessions
- Loving sexual expression
- Sense of self-esteem

Loving Others...

- Smiles
- Touches warmly
- Communicates joyfully
- Approaches others
- Stays with others
- Seeks out others
- Shares personal objects

Engagement is learning that it is good...

- * to be together
- * to do things together
- * to do things for one another
- * to do things for others