

Your Needs and Capabilities

Thinking about the last few weeks, consider the following questions and choose a number 1 to 7, where 1 means “not at all” and 7 means “pretty much all the time”.

Security	Do you feel secure in your home?						
	1	2	3	4	5	6	7
	Do you feel secure outside of your home?						
	1	2	3	4	5	6	7
Control	Do you feel you have enough control in your life, that you can make choices and/or make things happen?						
	1	2	3	4	5	6	7
Privacy	Are you able to get time to yourself, to recharge or to reflect or to reset yourself?						
	1	2	3	4	5	6	7
Attention	Do you feel you receive enough attention from the people you value?						
	1	2	3	4	5	6	7
	Do you feel you give sufficient attention to the people you value?						
	1	2	3	4	5	6	7
Intimacy	Do you feel there is at least one other person who accepts you for who you are, and by the same measure you accept them for who they are? (this doesn't necessarily have to mean physical or romantic intimacy)						
	1	2	3	4	5	6	7
Community	Do you feel part of some wider community?						
	1	2	3	4	5	6	7
Status	Within your community / communities do you feel you respected by the people around you or have a status that feels right for you?						
	1	2	3	4	5	6	7
Abilities	Are you achieving things and / or feeling competent in at least one area of your life?						
	1	2	3	4	5	6	7
Meaning	Are you feeling sufficiently stretched or challenged in a good way in at least one area of your life / or do you feel connected to a higher or bigger purpose?						
	1	2	3	4	5	6	7
Imagination	Can you use your imagination without getting stuck in worries, going over past events, or feeling like you're overthinking						
	1	2	3	4	5	6	7
Sleep	Do you wake up feeling refreshed and can easily manage a day without a nap, or caffeine, in the afternoon						
	1	2	3	4	5	6	7
Relaxation and Calm	Are you able to go into a state of relaxation and calm for at least 15 – 20 mins a day?						
	1	2	3	4	5	6	7
Fun, play, and Creativity	On most days, are you able to spend time having fun or playing games with others, or creating something new?						
	1	2	3	4	5	6	7

Light Activity	Do you spend good part of each day NOT SITTING; ie, standing, moving about or generally being active?						
	1	2	3	4	5	6	7
Exercise like Activity	Either: Are you able to spend around 30 mins each day doing a moderately intense activity? (brisk walking, swimming, dancing) Or: "Do you do at least 15 mins vigorous activity each day" Or: A combination of these?						
	1	2	3	4	5	6	7
Nutrition and Food Variety	Most weeks, do you feel you are eating enough types of plants (fruits, vegetables)? (around 30 different types a week is considered sufficient to maintain a healthy gut and nutrition)						
	1	2	3	4	5	6	7
	Most weeks, do you avoid eating processed foods (supermarket meals and snacks, for example)?						
	1	2	3	4	5	6	7
Alcohol	Most weeks do you think you more than 50% of your food intake is from the 5 whole plant food groups (Vegetables; peas/beans/lentils; whole grain foods; fresh fruit (especially berries); and nuts / seeds)						
	1	2	3	4	5	6	7
	Most weeks do you feel you drink less alcohol than seven drinks a week, where 1 drink is either a small glass of beer, or a 125ml glass of wine, or a single shot of spirits?						
Smoking or Vaping	1	2	3	4	5	6	7
	Most weeks are you able to avoid using tobacco products or vaping?						

SCORING EACH ITEM

Score 5 or Higher: this a part of your life that seems to be working well. Sit down with a pen and paper and for each of these jot down why you fell things are well in this area and what things you do in particular to achieve this. What things in your life have you learned from in achieving this? Being aware of these can be handy when things aren't going so well and its good to be able to remind yourself.

Score 4 or Lower: These areas of your life would seem to need a bit of attention. The lower the score, perhaps the more important it is that you speak with a trained therapist or counsellor who can help you understand how all of this fits together, and more importantly help you fix a plan to start moving the dial upwards. Don't despair, this is an important first step in starting to make positive changes for a healthier, happier, and more fulfilling life. Being able to take control of these things is an important life skill to learn or relearn. Let's do it! Don't dwell on this, drop me an email and see what can be done to start making improvements.

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