## 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 fee	el part of so	me wider co	ommunity?						
	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	Are you able to go into a state of relaxation and calm for at least 15 – 20 mins									
and Calm	a day?									
	1	2	3	4	5	6	7			
Fun, play,	On most d	ays, are you	able to sp	end time ha	ving fun or p	olaying gam	es with			
and	others, or creating something new?									
	1	2	3	4	5	6	7			
Creativity										

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				
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				
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				
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 spirts?										
1	2	3	4	5	6	7				
Most weeks are you able to avoid using tobacco products or vaping?										
	2	3				7				
	or general 1 Either: Are intense ac Or: "Do yo Or: A com 1 Most weel vegetables maintain a 1 Most weel snacks, for 1 Most weel whole plar fresh fruit 1 Most weel whole plar fresh fruit 1 Most weel whore 1 dr single shot 1	or generally being act12Either: Are you able to intense activity? (brish Or: "Do you do at lease Or: A combination of to 112Most weeks, do you for vegetables)? (around maintain a healthy gut 112Most weeks, do you a snacks, for example)?12Most weeks do you a snacks, for example)?12Most weeks do you th whole plant food grou fresh fruit (especially 112Most weeks do you for where 1 drink is either single shot of spirts?12Most weeks are you a	or generally being active?123Either: Are you able to spend arou intense activity? (brisk walking, sv Or: "Do you do at least 15 mins vi Or: A combination of these?123Most weeks, do you feel you are of vegetables)? (around 30 different maintain a healthy gut and nutritic 12123Most weeks, do you arou arou or each vegetables)? (around 30 different maintain a healthy gut and nutritic 12123Most weeks, do you arou or example)?3Most weeks do you think you mo whole plant food groups (Vegetab fresh fruit (especially berries); and fresh fruit is either a small gla single shot of spirts?123	or generally being active?1234Either: Are you able to spend around 30 mins intense activity? (brisk walking, swimming, da Or: "Do you do at least 15 mins vigorous active Or: A combination of these?341234Most weeks, do you feel you are eating enougy vegetables)? (around 30 different types a week maintain a healthy gut and nutrition)41234Most weeks, do you avoid eating processed for snacks, for example)?41234Most weeks do you think you more than 50% whole plant food groups (Vegetables; peas/bg fresh fruit (especially berries); and nuts / seed 1231234Most weeks do you feel you drink less alcoho where 1 drink is either a small glass of beer, or single shot of spirts?341234	or generally being active?12345Either: Are you able to spend around 30 mins each day d intense activity? (brisk walking, swimming, dancing)Or: "Do you do at least 15 mins vigorous activity each day Or: "Do you do at least 15 mins vigorous activity each day Or: A combination of these?12345Most weeks, do you feel you are eating enough types of vegetables)? (around 30 different types a week is consider maintain a healthy gut and nutrition)512345Most weeks, do you avoid eating processed foods (super snacks, for example)?4512345Most weeks do you think you more than 50% of your foo whole plant food groups (Vegetables; peas/beans/lentils, fresh fruit (especially berries); and nuts / seeds)512345Most weeks do you feel you drink less alcohol than sever where 1 drink is either a small glass of beer, or a 125ml g single shot of spirts?4512345Most weeks are you able to avoid using tobacco product	or generally being active?123456123456Either: Are you able to spend around 30 mins each day doing a modi intense activity? (brisk walking, swimming, dancing)Or: "Do you do at least 15 mins vigorous activity each day"Or: "Do you do at least 15 mins vigorous activity each day"Or: A combination of these?123456Most weeks, do you feel you are eating enough types of plants (fruit vegetables)? (around 30 different types a week is considered sufficient maintain a healthy gut and nutrition)123456Most weeks, do you avoid eating processed foods (supermarket meas snacks, for example)?66123456Most weeks do you think you more than 50% of your food intake is the whole plant food groups (Vegetables; peas/beans/lentils; whole grait fresh fruit (especially berries); and nuts / seeds)6123456Most weeks do you feel you drink less alcohol than seven drinks a w where 1 drink is either a small glass of beer, or a 125ml glass of wine single shot of spirts?6123456Most 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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