

## Needs Assessment

Category	Examples	Under Control	Needs Improvement
<b>Body</b>	Health Food/Diet Personal appearance Physical activity		
<b>Play</b>	Sports Hobbies Entertainment		
<b>Sociability</b>	Friends Co-workers Establishing trust with others		
<b>Family</b>	Marriage Having children, taking care of them Caring for elders		
<b>Work</b>	Job skills Particular responsibilities at your job		
<b>Education</b>	Formal education Developing competence, skills in some area		
<b>Career</b>	Choosing a direction Preparing to participate in a profession Promoting yourself within a profession		

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<b>Category</b>	<b>Examples</b>	<b>Under control</b>	<b>Needs improvement</b>
<b>Money</b>	Wages and salaries Budget Savings		
<b>Membership</b>	Participating in clubs, recovery support groups Professional organisations		
<b>World</b>	Politics Environment Social justice		
<b>Dignity</b>	Self-respect Self-esteem Actions consistent with your values and standards.		
<b>Situation</b>	Outlook on life Moods and emotions General assessment of "how things are going"		
<b>Spirituality</b>	Religion Philosophy Humour		