TAKE STOCK

We all have the same core needs. Most of us never name them. The job met many of them at once. That's why losing it takes so much more than the money.

GO THROUGH EACH NEED AND ANSWER THREE QUESTIONS

NEED	HOW MUCH DID THE JOB MEET IT?	IS IT MET NOW?	DID THE WAY IT WAS MET SERVE YOU?	NOTES
SECURITY to feel safe and have enough for tomorrow	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	
CONNECTION to love and be loved	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	
BELONGING to have a place and to contribute	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	
RECOGNITION to be seen, respected and valued	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	
AGENCY to have a say over our decisions and direction	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	
COMPETENCE to use our abilities, learn and achieve	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	
PURPOSE to have something worth doing or contributing to	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	
VITALITY to have health, energy, rest and enjoyment	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	
IDENTITY to know who we are, what we stand for and what makes us ourselves	☐ A lot ☐ Some ☐ None	☐ Yes ☐ Partly ☐ No	☐ Yes ☐ Mixed ☐ No	

WHAT WE HAVE TO FACE

1. Life is finite. We do not have unlimited time.
2. Nothing is guaranteed. Circumstances can change without our agreement.
3. We are more than our roles. Losing one can take away a life, not the whole of who we are.
4. Every choice has a cost. There is rarely a decision without sacrifice.
5. We need other people. Self-reliance matters, but isolation does not.
6. Our freedom has limits. We cannot choose every circumstance.
7. Success and fulfilment are different. We can achieve what we set out to achieve and still feel unfulfilled.
8. The commonest regret is not living on your own terms.
   Bronnie Ware, *The Top Five Regrets of the Dying*

HOW TO LIVE

GROUNDED. Face reality. Make peace with it. Be honest about what is, accept what has happened and be clear about what you can influence.

LESS EDITED. Live by your own convictions. Take your responsibilities seriously, but don't let other people decide who you must be.

DANGEROUS AGAIN. Use the life and abilities you have. Recover what brings you alive, bring your experience to it and do something with it.

None of this is easy.