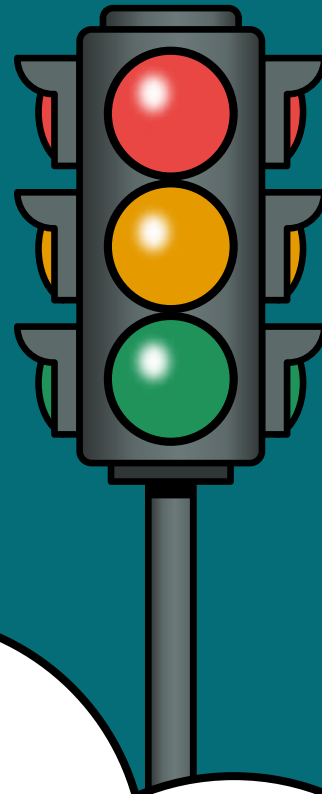


Section 2

Activity: Self-reflection



Pick 3 things you love to do online.

Focus on specific apps/sites or games.

Identify which of your needs these meet and why.

If possible, some way to retain this for future self-reflection exercises would be useful.

Use the three stage gauge for the needs:

- **Doesn't meet this need**
- **Meets this need sometimes**
- **Meets this need all of the time**

Activity 1:

Need



Doesn't meet this need



Meets this need sometimes



Meets this need all of the time

Survival

Love and belonging

Self worth

Freedom

Fun

Activity 2:

Need



Doesn't meet this need



Meets this need sometimes



Meets this need all of the time

Survival

Love and belonging

Self worth

Freedom

Fun

Activity 3:

Need

- Doesn't meet this need
- Meets this need sometimes
- Meets this need all of the time

Survival

Love and belonging

Self worth

Freedom

Fun

Having thought of these activities, could you consider?

Which activity you won't be doing again

Which activity you will reflect on

Which activity you will do again