

SUPPLEMENTARY MATERIAL

Change Your Thinking *to* Change Your Life

A practical guide to finding your purpose

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Some of the people in this book have had their names changed to protect their identities.

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Identifying your needs

Look over the following table and identify the most pressing psycho-logical needs in your life. Try to do this quickly and intuitively, rather than overthinking it. Select as many areas of need as you like and if there's a need you're aware of that's not listed below, add it in your journal. As you cast your eyes across the list, you may also become aware of other external needs that are not being met. You may like to note those down too. Once you have drafted your list, use the scoring system below to note how well your needs are currently being met.

0 = not at all 1 = rarely 2 = sometimes 3 = mostly 4 = almost always 5 = always

Connection		Honesty		Humour	
Closeness		Living ethically		Sense of community	
Belonging		Safety		Sense of purpose	
Affection		Challenge		Sensuality	
Nurturing		Order		Learning	
Respect		Communication		Inclusion	
To feel understood		Touch		Spirituality	
To feel seen		Choice		Support	
Trust		Spontaneity		Independence	
Autonomy		Meaning		Tranquillity	
Stability		Creativity		Space	
Freedom		Acceptance		Intimacy	
Authenticity		Equality		Agency	
Contribution		Appreciation		Empathy	

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Values list

Abundance	Economic	Humility	Pleasure
Acceptance	security	Humour	Popularity
Achievement	Empathy	Inclusiveness	Prosperity
Adventure	Encouragement	Independence	Purpose
Advocacy	Environment	Inner harmony	Recognition
Aesthetic	Equality	Innovation	Resilience
Affection	Ethics	Integrity	Safety
Appreciation	Excellence	Intellect	Security
Autonomy	Excitement	Joy	Self-care
Balance	Fairness	Justice	Sensuality
Belonging	Fame	Kindness	Serenity
Boldness	Family	Knowledge	Simplicity
Calmness	Flexibility	Leadership	Social
Caring	Forgiveness	Learning	engagement
Challenge	Freedom	Love	Solitude
Cheerfulness	Friendship	Loyalty	Spirituality
Collaboration	Fun	Meaning	Status
Community	Generosity	Mindfulness	Time freedom
Compassion	Grace	Open-mindedness	Tolerance
Competition	Gratitude	Optimism	Tradition
Connection	Growth	Order	Tranquillity
Contribution	Harmony	Peace	Trust
Courage	Health	Persistence	Wealth
Creativity	Helping others	Personal	Wisdom
Curiosity	Honesty	development	Work ethic
	Humanitarianism	Playfulness	

Positive psychology virtues and strengths

WISDOM	
Creativity	Artistic achievement; generating ideas; finding novel ways to do things.
Curiosity	An interest in learning; meeting new people; visiting new places; having many interest areas; asking lots of questions; being open-minded; exploring; discovering.
Judgement	Critical thinking; open-minded thinking; being willing to listen to all points of view; weighing all evidence fairly; not jumping to conclusions.
Love of learning	Learning on your own or through formal education; systematically building on your body of knowledge; mastering new knowledge; being eager to share what is learned.
Perspective/ wisdom	High level of knowledge; insightful beyond the facts; can offer wise counsel to others; capacity to explain the reasons 'why' to others.
COURAGE	
Bravery	Speaking up for what is right (even when unpopular); choosing to act on values and principles; includes physical bravery (but not limited to this).
Perseverance	Finishing what you start; working through obstacles; generally resilient.
Honesty	Being aligned with personal values; taking responsibility for your feelings and behaviours; being honest and ethical; having a high level of integrity.
Zest	Approaching life with vigour; living life as an adventure; not doing things half-heartedly.
HUMANITY	
Love	Valuing close relationships; the capacity to love and be loved; expressing love through deeds, words and affection.
Kindness/ generosity	Doing kind deeds for others; helping; taking care of others; being generous; nurturing.
Social intelligence	Fitting in to social settings; understanding motives and feelings of others and self.

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JUSTICE	
Teamwork	Working well as part of a group; doing your share; staying loyal to the group.
Fairness	Treating others equally; giving everyone a chance; belief in justice.
Leadership	Encouraging and inspiring others while maintaining good relationships with them.
TEMPERANCE	
Forgiveness	Forgiving others; giving people a second chance; not holding grudges.
Humility	Letting your accomplishments speak for themselves; not believing you are anything special.
Prudence	Being careful with choices; not taking undue risks.
Self-regulation	Being disciplined; controlling one's appetites; regulating what one feels and does.
TRANSCENDENCE	
Appreciation of beauty and excellence	Appreciating beauty in nature; living with a sense of awe; recognising excellence in all areas of life; pursuing wonder.
Hope	Expecting the best in the future and working towards it; believing in a good future.
Gratitude	Counting one's blessings; taking time to feel thankful; being aware when good things happen.
Humour	Seeing the lighter side; making others laugh; being playful; not taking yourself too seriously.
Spirituality	Having a sense of connection with something bigger; pursuing deeper meaning in life.