

# IDENTIFY THE NEED

Use this worksheet to figure out what the need is in your community. The 8 Dimensions of Wellness wheel will help you think of different areas in which you and others in your community may have a need. Think about what is the root cause of that need. For instance, you may have a need to socialize more. The root cause of that need might be: 'I don't make enough time for friends because I get distracted by screen time and social media.' Discuss possible solutions such as planning a weekly game night with friends, etc.

## DISCUSS

- **What is a need you see in yourself or your family?**
- **What is a need in your school?**
- **What is a need in your community?**
- **Of the needs in your community, what are the root causes? (access, awareness, resources, etc.)**
- **What are some solutions to address these needs and their root causes?**

## IDENTIFY YOUR TOP 3 SERVICE IDEAS