**Needs and Resources Worksheet**

We all have needs that must be met in order for us to show up to and depart work on time and be fully present while we are *at* work. Some examples of these needs include:

* Reliable child care (and having a backup plan in case your regular child care falls through)
* Appropriate work attire
* Transportation to and from work (and having a backup plan in case something falls through)
* A method for communicating with your employer (e.g., calling out of work sick)
* Meals/snacks if you will be at work during a meal time

You will certainly have other needs, too, that are specific to your life and your context!

Activity:

Take a few minutes and jot down the different **needs** that you will have to meet in order to get to work on time, be present at work, and get home once the work day is over. Consider the needs listed above (e.g., reliable child care, etc.) and others that may be more specific to your context. Put one need per line in the first column below.

Next, take a few minutes to write down the different **resources** you have or may need to get in order to meet each need that you have listed. Take a peek at your ecomap for inspiration--what resources might you already have? For instance, if you need reliable child care, what resources might you tap into—a friend or family member? Connection to child care resources? Discuss with your FaDSS worker if you need help brainstorming or getting connected with additional resources!

|  |  |
| --- | --- |
| **Need** | **Resource/(s)** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

\*If you have needs that recur on a weekly basis and may change depending on the day (e.g., child care, transportation, etc.), consider filling out a calendar/weekly plan that makes it really clear when you plan to use each resource—this will help you keep your plans straight! Feel free to use the ***Weekly Plan*** on the next page.

**Weekly Plan**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| *Example:*Child Care | N/A | Resource A 8:30am-6:15pm | Resource B 8:45am-6:30pm | Resource A 8:30am-6:15pm | Resource A 8:30am-6:15pm | Resource A 8:30am-6:15pm | N/A |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |