

Basic Needs Assessment Quiz

Use this quiz to assess your current needs and identify areas that may require attention. Answer each question honestly, and use the results to prioritize and address unmet needs.

1. Food Security: Do you have access to three nutritious meals daily?
2. Housing Stability: Is your housing situation secure and safe?
3. Emotional Support: Do you feel you have people to talk to about your concerns?
4. Healthcare Access: Can you access medical services when needed?
5. Safety: Do you feel safe in your current environment?
6. Financial Stability: Do you have sufficient resources to meet your monthly expenses?
7. Social Connection: Are you satisfied with the quality of your relationships?
8. Education/Skills: Do you have access to the education or training needed for your goals?
9. Transportation: Is reliable transportation available for your needs?
10. Personal Development: Do you feel you have opportunities for growth and fulfillment?

Notes:

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