

Miomo Declaration of Independence

Assessment

Financial

Being good with money will set you up for a life of financial control, security and success. Building the right mentality starts from the first dollars you are given or earn.

Tick which applies to you

_____ I have a part time job

_____ I have a full time job

_____ I earn no money

_____ I receive pocket money or an allowance from parents

_____ I belong to KiwiSaver or the Australian Superannuation Fund

_____ I know how to write a budget

_____ I am living within my budget and I spend less than I earn or am given each week

_____ I can read and understand a contract before signing one

_____ Any loan I have has a written agreement for repayment signed by both parties

Physical

In preparing for independence, it is vital that you learn to take care your body and that you are able to run a household so you will be a good house mate and / or life partner.

Answer Yes or No for what you CAN do

Please also tick or highlight what you ARE actually doing

Run a household:

_____ Meal planning

_____ Make your bed

_____ Food shopping on a budget

_____ Change sheets on your bed

_____ Making your own lunch

_____ Wash clothes

_____ Cook 3 different evening meals

_____ Iron clothes

_____ Clean up kitchen after meals

_____ Wash and vacuum a car

_____ Clean the entire house

_____ Mow lawns

Take of my health:**Answer Yes, No or S for sometimes**

_____ I eat a good quality diet with a balance of protein, complex carbohydrates & fats

_____ I exercise at least 3 times per week

_____ I clean and floss my teeth twice a day

_____ I shower or bathe daily

_____ I have regular dental & medical check ups

Take care of my Physical Safety:**Answer Safe or Not Safe**

_____ I leave or ask for help in a dangerous or potentially dangerous physical situation

_____ I do not physically abuse others or allow myself to be physically abused

_____ I do not abuse alcohol or use illegal drugs

Emotional

Self control, self discipline and self protection are all part of developing good self worth and a strong character. What is your mindset about these things?

Answer Yes, No or S for sometimes

_____ I understand that I can choose my feelings

_____ I can control any negative feelings that may lead to my unacceptable behaviour

_____ I recognise when I am in an emotionally vulnerable or potentially dangerous situation

_____ I put boundaries around myself in vulnerable or potentially dangerous situations

_____ I will ask for help if I am in an emotionally dangerous state of mind

_____ I have healthy relationships where I do not abuse or manipulate others

_____ I have healthy relationships where I do not allow myself to be abused or manipulated

_____ I have a personal growth plan (reading, listening and watching positive materials)

_____ I am able to manage my study and work / chore requirements