

Points of Learning Model



The ***Points of Learning Model*** uses the four compass points - north, south, east and west - to categorize your learning needs. For each category, answer the questions then consider what learning you might need to move ahead in the future? For help in identifying and fulfilling these needs, watch this space.

Nurture

What are you doing currently to take care of yourself? What needs are not being met?

Who is important in your life right now? Does the quality and quantity of your time reflect their importance?

Environment

Do you feel safe where you live?

Does your home support your needs for comfort, rest, and recreation?

Is there a place where you would feel more connected to the environment? Where and why?

Work

Are you currently working for a living? Do you enjoy what you do? Are you making a fair wage?

Is there something you would rather be doing?

What are your long-term goals for financial security, contribution, legacy?

Spirit

Do you believe in a higher power?

What has helped you through tough times in the past?

Do you consider yourself a resilient person? Why or why not?

What's your ikigai or reason for being?