

# Time Investments

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<p>Autonomy/Profession/Competence: i.e. Learning guitar chords, giving presentation</p>	
<p>Spontaneity/Play/Pleasure/Leisure: i.e. Rollerblading, singing without fear of judgment</p>	
<p>Realistic Limits/Habit Making/Decision Making: i.e. Read in lieu of TV, leave work at five pm</p>	
<p>Identification &amp; Expression of Needs/Emotions: i.e. Journaling, disclosing emotions to a friend</p>	
<p>Secure Attachment/Connection/Community/Safety/Acceptance: i.e. Prioritising quality time with partner, community gardening</p>	
<p>Uncategorisable/Personalised Needs:</p>	

