

Do you plan when to go shopping?

Do you make shopping lists?

Do you shop online?

Do you set a budget and stay within it when you go shopping?

Do you use the ATM Machine

Do you use online banking, Paypal or Revolut for transactions or to check your account balance?

Do you ask shop assistants for help?

Do you compare prices?

Do you separate your items into different bags?

Are you interested in learning new skills and new hobbies?

Are you interested in learning new facts and updating your knowledge?

Are you interested in learning new skills and gaining new qualifications, for your job or career?

Are you interested in helping and volunteering in your community?

Do you use social media sites such as Facebook or LinkedIn, to stay in touch with the world of work?

Are you interested in computer coding, Apps development or Website design?

Do you enjoy working in a team?

Do you communicate with others to solve problems?

Do you write letters, emails or online blogs?

Do you debate issues with your friends, online or in person?

Do you speak a second language?

Do you switch off personal devices when you are spending time with friends or family?

Do you communicate with your friends using sign language?

Do you pay attention and listen to others before replying?

Do you research new recipes to try?

Do you cook meals for yourself or for others?

Do you help others to learn?

Do you play with children

Do you help others with personal care and hygiene?

Do you help or take care of an elderly person?

Do you take part in activism or advocate for others?

Do you search and watch movies, online or on TV?

Do you watch current affairs or the news programmes, online or on TV?

Do you watch nature and history programmes online or on TV?

Do you watch reality TV programmes, online or on your TV?

Do you watch Learning to do Programmes online or on your TV?

Do you watch drama programmes, online or on TV?

Do you watch or listen to art and music programme?

Do you watch sports programmes online or on TV?

Do you read magazines or online publications?

Do you read the newspapers, or online news?

Do you listen to audio books?

Do read novels or online books?

Do you listen to the radio or podcasts?

Do you listen to stream music?

Do you do individual sports or exercise, such as running, GYM, Yoga, Swimming?

Do you do team sports?

Do you use social media to plan activities with friends?

Do you take part in group activities with friends, sometimes using social media?

Do you eat out with family or friends?

Do you hang out with friends often, either face-to-face or online?

Do you use public transport?

Do you drive a car?

Do you cycle?

Do you walk to the places you need to go to?

Do you drive a scooter, a moped or a motorbike?

Do you take part in cultural events and visits?

Do you use a map or mobile applications such a google maps, to find your way around?

When there is something you do not know how to do on your computer do you read the instructions?

Do you use search engines like “Google” or Chatbots to search for things online?

Do you find and download information onto your computer or mobile device?

Do you use the cloud calendar on your computer or device ?

Do you play online computer games?

Do you use online cloud services to store important documents, pictures or music?

Do you use social media or video-calls to communicate with other people?

Do you share your personal information on networking sites like Instagram, Snapchat, Twitter and Facebook?

Do you look at clothes, accessories and fashion in social media and magazines?

Do you make time for self care and partake in stress relief activities?

Do you manage your mental health and wellbeing?

Do you keep your house tidy?

Do you use cleaning equipment like Hoovers and mops?

Do you do the washing?

Do you carry out DIY jobs at home?

Do you decorate your Home?