

My Personal IHD – Assets Exercise

Fill in each box to reflect your own (or your family's/household's) assets in each of the six categories.

Refer to Module 2 PowerPoint Slides for an overview of *assets* within the IHD Framework as well as an explanation of the six categories of *assets*.

After completing your chart, reflect individually, in pairs, or in groups on the following questions. Option to share in class or with a larger group.

- *What did you learn about yourself?*
- *What category was the most challenging to fill in? Which was the easiest?*
- *Where do gaps exist for you?*
- *What may be different for people around the world? Where might strengths and gaps exist for others?*
- *How are assets interrelated? Give an example from your life.*

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Natural	Physical	Spiritual & Human
Financial	Social	Political