



Booklet #1

You, your best life, and
things that matter

We know you've been doing a lot of surveys, and we really appreciate it! You may have noticed, however, that none of them are really asking you to share your ideas and opinions.

Your perspective is important.

How you feel about the systems around you, what's worked for you, the ways institutions have helped you or made your life harder...that is all really, really important stuff. In order to advocate for a system that actually works, we need your input.



This booklet is optional!

It's an opportunity for you to help us see what we are missing and be a part of something very big (we hope!).

Have a look at the consent info at the back if you are okay with us using your answers here to try and make the world a better place. If you would rather keep your responses private, that's okay too!

Who are you?

(fill this in any way you want)



Draw something that represents you,
or something you 

In your opinion, what is the difference between...

Being alone

Being independent

Making your own decisions

Being powerless

Neighbours

Community

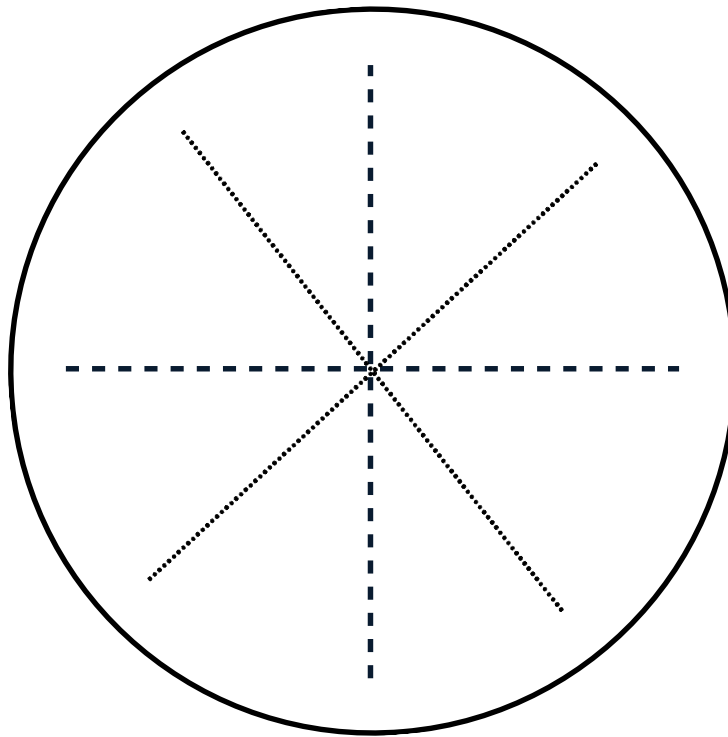


What makes life feel **meaningful**?



Fill out the pie chart to show how the most important things in your life give you meaning and purpose.

eg. i really like gardening, but i LOVE climbing trees!



Some examples:

- Being with animals
- Making things
- Spending time with people i love
- Helping my community
- Art
- Being in nature
- Making money
- My kids
- My career

**How much of your time do you actually
get to spend doing these things?**

0% of my time ————— 100% of my time

Place an **X** on the part of the
line that fits your answer

**How much time would you LIKE to
spend doing these things?**

None ————— All day,
every day

Is there a difference? Why?

When do you feel like you are at your best?

What do you think people need in order to feel like...



...they are in control of their own lives

...they can focus on their long-term goals?

If you could learn about or learn to do something new, what would it be?

What was the best advice you ever got?

What was the best decision you ever made?

Can we use your name to give you credit for your ideas if we end up sharing the answers you've provided?

☐

No, I want to be 100% anonymous!

☐

Yes, use this name:

Would you like to be notified about how we use your answers, if they are published or otherwise shared?

☐

No, I don't care.

☐

Yes, notify me! (add your contact info below!)

Can we contact you if we have questions, or there are other opportunities for you to share your perspective?

☐

No thanks.

☐

Sure, I enjoyed this! (add contact info below!)

CONTACT INFO (OPTIONAL):

We can bring your knowledge and insight to a bigger audience.

Your input can help people understand what we need to do to better support everyone in our community. It can be shared with decision makers and leaders to make sure they see how policies affect real people. It can guide our future research. It can help us in our efforts to advocate for change and help us explain to people we rely on for funding exactly what is needed on the ground and why research into innovative solutions is important.

It's up to you.

Tell us what you want us to do with your answers:

- ☐ Use them to help guide FSC's future research projects
- ☐ Use them in communications to the people who fund our work
- ☐ Use them to support FSC's political/social advocacy campaigns
- ☐ Use them to show the impact of and need for FSC's work
- ☐ Do NOT use my responses for anything, just read them

Your signature

This is just to confirm your consent and you can take it back anytime.

Date

Your name

(You can use a pseudonym, your own first name or leave it blank if you want to be anonymous)

THANKS



**FOUNDATIONS
FOR
SOCIAL CHANGE**