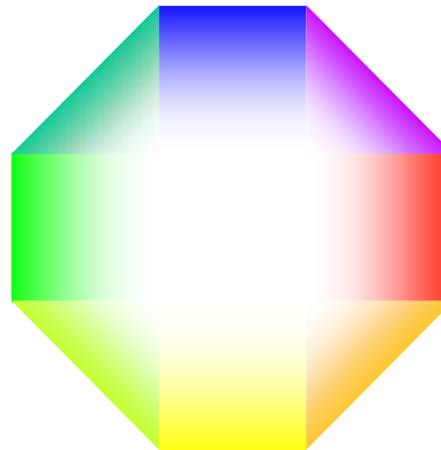


OKKI STUFF

Octaikon educational resources



DR.OKKI's CHECK-UP
finding out how we are doing

[Introduction and index](#)

DR. OKKI'S CHECK-UP - *how are we doing?*

Click this icon >>>
to return to this index page



This section shows you how the faculties can be used to check our "health".

The Octaikon faculties can be helpful reminders to make sure we are looking after ourselves physically and spiritually.

On the next 10 pages, use the questions and synonyms to stimulate discussion in family or at school about the extent to which we are taking care of ourselves and other people.



The Okki-bloc resources can be used to aid discussion in different ways - for example:

(i)

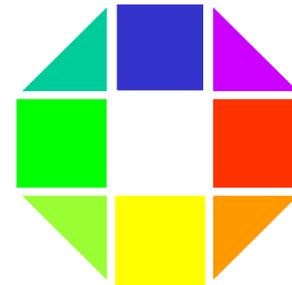
Take a block at random out of a bag, and then discuss that faculty

(ii)

Give the block to the person who wants to speak. As long as he or she has the block, only they speak.

(iii)

Use the complete Octaikon diagram to consider how the questions overlap, and in what ways we might not be paying enough attention to questions on the opposite faculties.



[CHECK-UP 1: OBSERVATION](#)
[CHECK-UP 2: MONITORING](#)
[CHECK-UP 3: INTERPRETATION](#)
[CHECK-UP 4: JUDGING](#)
[CHECK-UP 5: REFLECTING](#)

[CHECK-UP 6: CREATING](#)
[CHECK-UP 7: EXPRESSING](#)
[CHECK-UP 8: DIRECTING](#)
[CHECK-UP 9: APPLYING](#)
[CHECK-UP 10: RELATING](#)

NOTE!

On the following pages, in this right-hand column, you will find a list of synonyms - A-Z for each of the Octaikon faculties.

The idea of these words is to encourage you to expand the list of questions on the left-hand side.

The questions given are just samples depending on the situation you are using the blocks for. The pages can be copied for each person to have one.

ANSWER

YES!

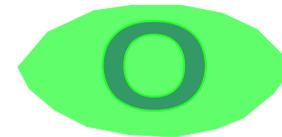
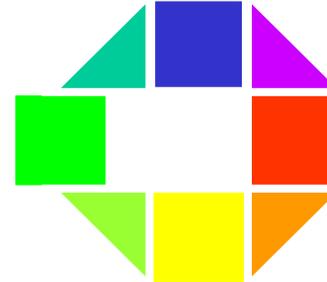
For success

DR.OKKI's CHECK-UP 1: OBSERVATION



The ways in which we take in information from the world around us using our five senses (and maybe other senses!)

Am I using my senses fully?
Am I living in the present moment?
Do I really listen to people? Do I really read books?
Do I listen to music properly?
Do I watch drama and participate when I can?
Do I properly observe the natural world?
Do I keep up with current affairs?
Do I rest my senses enough? Do I enjoy being silent?
Have I had an eye check-up? Do I wear goggles when needed?
Do I wear sun-glasses in bright light?
Do I avoid putting my eyes under strain?
Do I have frequent rests from using the computer?
Have I had a hearing test recently?
Do I wear ear muffs when around loud noise?
Do I avoid listening to over-loud music?
Do I protect my skin from chemicals?
Do I wear safety gloves when needed?
Do I avoid getting sun-burnt? Do I put on sun-screen?
Do I drive carefully? Do I avoid smoking?
Have I had a dental check-up? Am I washing properly?
Am I eating a balance diet? Am I drinking enough water?
Do I take time to enjoy my food?
Do I get enough fresh air? Am I avoiding pollution?



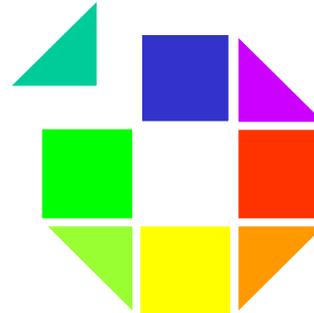
Breathe
Consume
Detect
Examine
Feel
Follow
Hear
Listen
Note
Observe
Perceive
Read
Regard
Review
See
Sense
Smell
Survey
Take heed
Taste
Touch
View
Watch
Witness

DR.OKKI's CHECK-UP 2: MONITORING



The ways in which we check and filter information coming in, rejecting what is not needed, and finding out what is missing.

- Am I avoiding information overload?
- Do I take in the right sort of data?
 - Do I avoid too much TV?
- Do I have an e-mail spam programme?
- Do I avoid looking at anything pornographic?
 - Do I read enough good books?
- Am I sufficiently critical of the media?
 - Do I try not to be gullible?
- Do I really listen when people talk to me?
 - Do I listen to all points of view?
 - Do I look for missing evidence?
- Do I avoid taking things for granted?
- Do I properly read a persons' body language?
 - Am I avoiding getting into bad habits?
- Am I only eating a small amount of junk food?
 - Am I avoiding drugs?
- Am I drinking alcohol in moderation?
 - Am I getting addicted to anything?
- Do I avoid drawing conclusions too quickly?
 - Do I do enough planning?
- Do I avoid buying things when not needed?
 - Do I repair, recycle, reuse, and reduce?



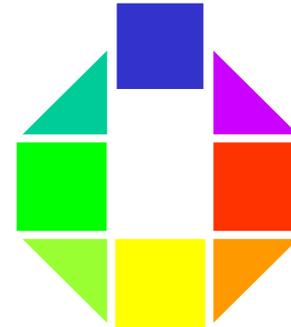
- Advise
- Advocate
- Assess
- Classify
- Compare
- Discern
- Distinguish
- Examine
- Filter
- Group
- Inspect
- Invigilate
- Measure
- Monitor
- Name
- Plan
- Register
- Reject
- Search
- Select
- Scrutinise
- Study
- Supervise
- Survey

DR.OKKI's CHECK-UP 3: INTERPRETATION



The ways in which we analyse information using our brain (or mind), calculating or working out answers to problems.

- Do I use my brain fully?
- Do I stretch my mind?
- Do I use a dictionary enough?
- Do I try to use both sides of my brain?
- Do I use my common sense enough?
- Am I avoiding too much stress?
- Do I think before talking?
- Do I think about what other people may be thinking?
- Do I take time off to relax?
- Do I do mental exercises?
- Do I follow my instincts enough?
- Do I wear my seat belt (to protect my head)?
- Do I wear a crash helmet when cycling?
- Have I seen a doctor about frequent headaches?
- Do I avoid using drugs?
- Am I moderate in drinking alcohol?
- Am I helping people who may have mental problems?



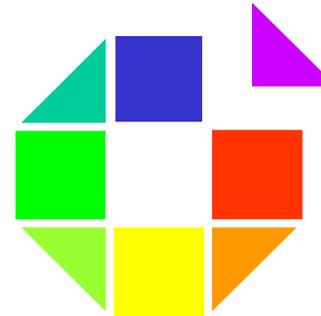
Calculate
Compute
Clarify
Cogitate
Deduce
Develop
Deliberate
Diagnose
Explain
Interpret
Investigate
Memorise
Puzzle over
Rack brains
Reason
Remember
Recall
Solve
Sort out
Think about
Think hard
Understand
Use head
Work out

DR.OKKI's CHECK-UP 4: JUDGING



The ways in which we choose or make decisions, based on the information we have analysed.

- Do I think before acting?
- Am I making the right choices?
- Do I avoid procrastination?
- Do I take account of all the evidence?
- Do I follow rules and regulations?
- Am I keeping on the right side of the law?
- Do I follow my conscience?
- Am I disciplined enough?
- Are my habits good ones?
- Do I read instructions before using something?
- Am I kind when I need to be critical?
- Am I fair in my dealings with other people?
- Am I buying fairly traded goods?
- Am I being environmentally friendly?
- Do I avoid being hypocritical?
- Do I try not to be judgemental?
- Do I understand how people use their words?
- Am I avoiding drugs and too much alcohol?



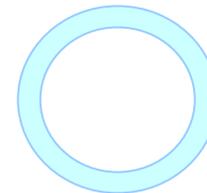
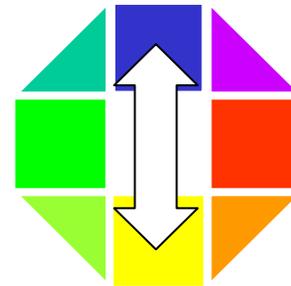
- Adjudicate
- Arbitrate
- Believe
- Change
- Choose
- Confront
- Confess
- Criticize
- Decide
- Determine
- Evaluate
- Favour
- Forgive
- Judge
- Pardon
- Prefer
- Punish
- Prioritise
- Recommend
- Select
- Show bias
- Show mercy
- Want
- Wish

DR. OKKI's CHECK-UP 5: REFLECTING



The ways in which we spend time thinking over or meditating on things - maybe praying.

To I take time to reflect on things?
Am I exercising my memory properly?
Do I think enough before talking?
Am I sufficiently organised?
Do I say what I mean?
Do I listen to my conscience?
Do I take account of my instinct?
Do I want to find the truth?
Am I able to forgive people?
Do I avoid bottling things up?
Do I try not to worry?
Do I control my emotions enough?
Do I avoid thinking the worst?
Do I stop my imagination running wild?
Do I have a realistic appreciation of myself?
Am I true to myself?
Am I true to others?
Do I avoid deceiving myself?
Have I got a clear goal in my life?
Do I pray enough?
Do I take time to listen to God?



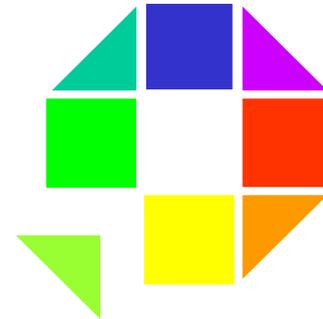
Bear in mind
Brood
Chew over
Cogitate
Consider
Contemplate
Debate
Dialogue inwardly
Dream
Fantasize
Meditate
Memorise
Muse
Organise
Ponder
Pray
Reflect
Recall
Ruminate
Self-examine
Sympathise
Test out
Think over
Yearn

DR.OKKI's CHECK-UP 6: CREATING



The ways in which we are artistic, imaginative, humorous or creative, composing works of art or inventing new things.

- Do I allow time to be creative?
- Am I aware of the amazing potential of my body?
- Do I wonder at nature - don't take it for granted?
- Do I sing just for fun?
- Do I relax to music?
- Do I play a musical instrument?
- Do I become involved in novels?
- Am I trying out my artistic skills?
- Do I make things when I can?
- Do I go to galleries, theatre, concerts, movies?
- Do I travel and take in other cultures?
- Do I try to see other people's points of view?
- Do I experiment with new ways of doing things?
- Do I appreciate jokes?
- Do I try to develop my sense of humour?
- Can I see the funny side of life?
- Do I laugh enough?
- Am I innovative?
- Am I prepared to consider other people's ideas?
- Do I express my joy and happiness?
- Do I listen to my intuition?



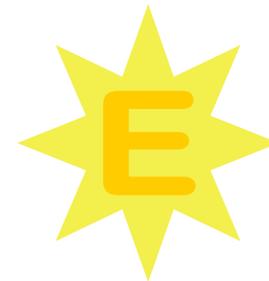
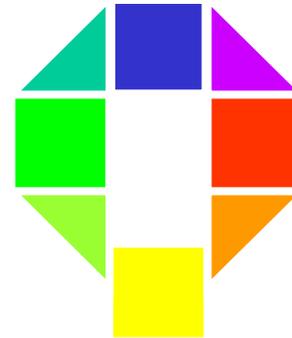
Act a part
Beget
Brainstorm
Compose
Conceive
Create
Dance
Design
Entertain
Esteem
Experiment
Explore
Have fun
Humour
Imagine
Innovate
Inspire
Invent
Joke
Model
Paint
Play
Praise
Perform
Sculpt

DR.OKKI's CHECK-UP 7: EXPRESSING



The ways in which we communicate our thoughts and ideas to ourselves or to other people.

- Am I expanding my vocabulary?
- Am I using words correctly?
- Do I try not to swear?
- Do I avoid excessive exaggeration?
- Do I keep my emotions under control?
- Do I express my emotions enough?
- Am I honest with people?
- Do I always tell the truth?
- Am I learning other languages?
- Do I keep myself looking respectable?
- Am I modest in my behaviour?
- Am I conscious of my body language?
- Am I good enough at public speaking?
- Do I praise or encourage people enough?
- Am I avoiding smoking?
- Am I moderate in drinking alcohol?
- Am I avoiding drugs?
- Am I avoiding having unpleasant body odour?
- Do I keep my breath pleasant?



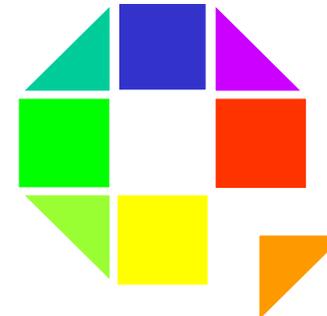
- Affirm
- Assert
- Comment
- Communicate
- Declare
- Describe
- Explain
- Express
- Gesture
- Hug
- Lecture
- Mention
- Narrate
- Present
- Praise
- Remark
- Say
- Show
- Signal
- Sing
- Speak
- Speak mind
- Thank
- Talk

DR. OKKI'S CHECK-UP 8: DIRECTING



The ways in which we guide ourselves and others into doing what we want or need to do.

- Am I ready to make useful suggestions?
 - Am I acting on what I say?
 - Am I setting a good example?
 - Am I taking the lead when needed?
 - Am I not misleading people?
- Am I practically helpful to other people?
 - Am I prepared to just be with people?
 - Do I remember to encourage others?
 - Do I try to facilitate action when needed?
- Do I give useful practical advice when asked?
- Do I help mediate when there are quarrels?
 - Am I a peacemaker?
 - Do I avoid stirring up trouble?
 - Do I finish things off that I start?
 - Am I realistically optimistic?
- Do I encourage other people in what they do?
 - Do I try to do my best for other people?
 - Do I avoid procrastination?



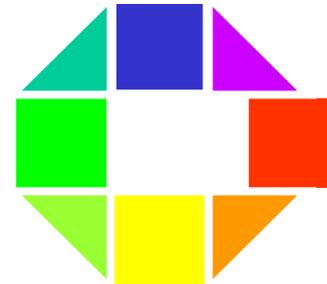
Beckon
Challenge
Conduct
Control
Coordinate
Direct
Educate
Encourage
Facilitate
Govern
Guide
Influence
Lead
Manage
Mediate
Mentor
Motivate
Persuade
Point
Regulate
Steer
Suggest
Supervise
Teach

DR.OKKI's CHECK-UP 9: APPLYING



The ways in which we practically do things, using our whole body, acting on our thoughts or what we say.

- Am I proficient enough in my skills?
- Am I learning new practical skills?
- Do I practice enough?
- Do I use my hands enough?
- Do I do enough physical games?
- Am I "doing-it-myself" when possible?
- Do I take time to do things properly?
- Do I do things as best as I can?
- Do I avoid any form of violence?
- Am I taking time to repair things?
- Do I do enough outdoors activities?
- Do I live enough in the real world?
- Do I go for regular medical check-ups?
- Do I take enough exercise?
- Do I take the right type of exercise?
- Am I eating a healthy diet?
- Am I looking after my back?
- Am I avoiding drugs?
- Do I use medicines only as needed?
- Am I avoiding smoking?
- Am I moderate in drinking alcohol?
- Do I use safety equipment where required?



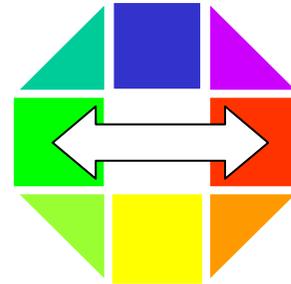
- Act
- Administer
- Apply
- Construct
- Do
- Do-it-yourself
- Drive
- Explore
- Fabricate
- Fight
- Flee
- Handle
- Maintain
- Make happen
- Operate
- Pilot
- Obey
- Practice
- Put to use
- Repair
- Use
- Utilize
- Walk
- Work

DR. OKKI'S CHECK-UP 10: RELATING



The ways in which we relate to others and feedback the results of what we do, making changes as needed.

- Am I learning from my mistakes?
- Do I give feedback to others?
- Do I have proper control of my life?
- Am I fulfilling my responsibilities?
- Do I take responsibility for my actions?
- Am I faithful in my relationships?
- Do I care about other people?
- Am I trustworthy?
- Do I have good role models?
- Do I play my role properly?
- Am I setting a good example?
- Do I avoid being too influenced by my peers?
- Do I help others to know their rights?
- Am I democratic when necessary?
- When I take the lead, do I listen?
- Am I a good server or team player?
- Do I give to others when needed?
- Am I prepared to make concessions?
- Do I speak the truth lovingly?
- Do I do what I think is right?
- Do I love others as I love myself?
- Do I love everyone, even if I don't like them?
- Do I have a goal in life? Do I follow God?



- Affiliate
- Associate
- Befriend
- Collaborate
- Cooperate
- Connect
- Control
- Develop
- Enjoy
- Feed back
- Follow
- Heal
- Join
- Lead
- Learn
- Link up
- Love
- Maintain
- Marry
- Restore
- Participate
- Relate
- Regulate
- Wed