**YOUR NEEDS**

Circle your needs below and identify how you get each need met now and then evaluate that method to see if it is positive for you or if you need a new strategy.

If it is an unmet need, identify a positive way you could get it met.

|  |  |
| --- | --- |
| **I Need to BE** | **I Need to HAVE** |
| Accepted  Accomplished  Appreciated  Busy  Cherished  Encouraged  Important  Included  Independent  Industrious  Listened to  Loved  Preferred  Seen  The Best  Understood  Valued | Abundance  Accuracy  Autonomy  Certainty  Control  Dominance  Flexibility  Freedom  Honesty  Impact  Influence  Luxury  Peace  Pleasure  Power  Recognition  Results |

Need 1:

Met by:

Need 2:

Met by:

Need 3:

Met by:

Need 4:

Met by:

Need 5:

Met by:

Need 6:

Met by:

Need 7:

Met by:

Need 8:

Met by:

Need 9:

Met by: