Getting It Together Coaching & Consulting, LLC  Needs Awareness

Check () the needs that are the most significant or influential on your life, your behaviors, and your decisions from the following list.

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| --- | --- |
|  Wealth |  Status/prestige |
|  Power |  Control |
|  Adventure |  Stability |
|  Order |  Security |
|  Someone to rely on |  Belonging |
|  Love |  Friendships |
|  Family |  Happiness |
|  Expressing individuality |  Creativity |
|  Independence |  Spiritual fulfillment |
|  Personal achievement |  Perfectionism |
|  Being correct |  Accepted by others |
|  Attention of others |  Not look foolish |
|  Make others happy |  Be admired by others |
|  Make people laugh |  Have fun |
|  Care for others |  Express Opinion |
|  Dream |  To be yourself |

List other influential needs affecting your life, your behaviors, and your decisions:

List your eight most influential needs:

Which needs might you want to alter or change (e.g. the need to rely on others, the need to be perfect, etc.)?