



EXERCISE 3A: WHAT ARE MY TOP NEEDS TO FEEL BALANCED?

Please take an initial look at what you believe are your most important needs that must be met in order to feel balanced. We'll continue to explore this in additional exercises.

Emotional	Mental	Physical	Spiritual
<p>Examples:</p> <ul style="list-style-type: none">- Security- Boundaries- Attention & Connection- Achievement- Meaning	<p>Examples:</p> <p>An hour of reading time daily</p> <ul style="list-style-type: none">- Learning new skills or ideas- Engaging with at least one person daily.	<p>Examples:</p> <ul style="list-style-type: none">- 8 Hours' Sleep- 6 Glasses of Water Daily- At least one hug daily.	<p>Examples:</p> <ul style="list-style-type: none">- Prayer time- Meditation time- Volunteer time