WHAT DO L WALLE?

C community **n** inspiration **m**oney **D** intellect 🗖 status financial gain Iaughter **D** serenity **D** physical challenge **c** responsibility **D** competition Career **n** fame **D** working with others □ freedom **n** security □ strength □ self-control hunger personal development 🗖 trust **П** faith **n** involvement **n** adventure U vulnerability □ adaptability **T** friendship **D** excellence **D** job tranquility D power passion Cooperation **D** affection 🗖 wisdom □ knowledge **D** growth

D expertise n order **D** privacy **D** self expression **d** stability **n** art autonomy 🗖 risk **n** balance **D** self-discipline Courage □ family empathy **working alone** □ humility **D** efficiency **n** intensity \square health and fitness **meaningful work** \Box my country n music 🗖 truth resourcefulness **C** challenges **c**ommitment Ieadership helping others influence 🗖 wit Success **D** patience 🗖 listening **diversity** Iove fast-paced work **n**utrition

C competence **D** practicality **C** creativity **D** excitement **C** collaboration **D** social change **D** beauty ecological awareness **quality** relationships **n** travel **d**ecisiveness Curiosity **D** spirituality Ioyalty □ honesty □ independence **D** supervising others **recognition D** accountability democracy Close relationships **D** religion **D** respect D bravery **communication C** change and variety C compassion 🗖 nature п Π

*Adapted from the College Essay Guy exercise: https://www.collegeessayguy.com/blog/feelings-needs-exercise