#### M**Y NEEDS**

**The purpose of this exercise is to help you identify what your personal needs are. Identifying your needs is a beginning step to an easier life.**

***Step One:*** Select from the following list your personal needs. Ask yourself…”I have a need for or to …” or “I have a need to be…” Check as many as you want.

* Abundance
* Acceptance
* Acclaimed
* Accomplished
* Accountability
* Accuracy
* Achieve
* Acknowledgement
* Adored
* Advocate or be advocated
* Affect others
* Alert
* Allowed
* Approval
* Assurance
* Attain
* Authority
* Autonomous
* Balance
* Be a critical link
* Be busy
* Be correct
* Be craved
* Be deferred to
* Be devoted
* Be free
* Be heard
* Be important
* Be informed
* Be needed
* Be noticed
* Be obeyed
* Be right
* Be safe
* Be sanctioned
* Be saved
* Be unrestricted
* Be useful
* Be victorious
* Be worthy
* Calmness
* Career
* Cared about
* Cautious
* Celebrated
* Cherished
* Clarity
* Comfort
* Command
* Comment
* Complete
* Complemented
* Confirm or be confirmed
* Control
* Correct
* Correct others
* Deliberate
* Do the right thing
* Duty
* Desired
* Dominate
* Embraced
* Encouragement
* Esteemed
* Exactness
* Excess
* Fairness
* Follow
* Forthright
* Frankness
* Fulfill
* Get attention
* Get gifts
* Give
* Given due credit
* Gossip
* Guarantees
* Guarded
* Hard-working
* Have a cause
* Have a task
* Heeded
* Helped
* Help
* Honest
* Honesty
* Honored
* Immune
* Improve others
* Included
* Independent
* Indulgence
* Influence
* Informed
* Keep the status quo
* Liberated
* Liked
* Listened to
* Loved
* Loyal
* Loyalty
* Luxury
* Make a point
* Manage
* Materialistic
* Morally right
* Not work
* Nurtured
* Obey
* Obligated
* Obviousness
* Opulence
* Order
* Peace
* Perfection
* Please others
* Popular
* Power
* Praised
* Precision
* Preferred
* Privileged
* Profit
* Promises
* Prosperity
* Protected
* Prove myself
* Quietness
* Reach my goals
* Reconciliation
* Realize my potential
* Relished
* Remembered
* Respected
* Responsible
* Responsibility
* Restrain
* Restrict
* Results
* Safety
* Satisfy others
* Save others
* Seen
* Self-reliant
* Served
* Service
* Share
* Sincerity
* Stable
* Stability
* Stamina
* Steadiness
* Stillness
* Strength
* Taken care of
* Talk
* Tell stories
* Tenderness
* Thanked
* Tolerated
* Touched
* Treasured
* Trust
* Trusted
* Understood
* Unity
* Validation
* Valued
* Vigilant
* \_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_

**Personal needs are those things we must have filled to be at our best. When we feel good wework better. Sometimes we think we can get along in life without having our needs met. However, the truth is, we go about our day seeking to fulfill our needs whether we are conscious of it or not. To fully own our personal power, we must identify, address, and find ways to have our needs met.**

**By being aware of our needs and finding ways to have them met, we honor ourselves, our families, and our spirit. Remember that the flight attendant instructs us to put the oxygen mask on ourselves first, before we attempt to care for another. A periodic look at this is very helpful. As our circumstances change our needs change as well.**

***Step 2***: From the needs that you have selected, choose ten, which you would consider to be your most important needs. You are looking for a NEED, not a want, a should do, or a desire. A need is a MUST for you to be your best in life. This is a time to tell the truth about what you need. This might be the first time you’ve admitted this to yourself, or it may not. List those ten needs here.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Step 3***: From this list, narrow down to your four basic core needs.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **IMPORTANCE OF MY NEEDS:**

***Step 1:*** For each of your four core needs, ask yourself, “Who am I when I get this need met? How do I act? What do I think about? What motivates me?” For each need, write down four specific examples or answers to these questions.

# **CORE NEED #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **CORE NEED #2**



# **CORE NEED #3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# **CORE NEED #4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Step 4:*** Now for each of the four core needs, ask yourself, “How do I behave when I don’t get this need met? How do I feel about myself when this need isn’t met? When this need isn’t met, how do I feel about others? About life?" Write down your responses for each need.

# **CORE NEED #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



# **CORE NEED #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# **CORE NEED #3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# **CORE NEED #4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

