

Defining Your Needs

If your prime needs are AUTONOMY, CONNECTION, and GROWTH, let's look at them in the 5 fundamental areas of our lives.

How can you experience AUTONOMY in these 5 areas:

Physical _____

Spiritual _____

Emotional _____

Mental _____

Social _____

How can you experience CONNECTION in these 5 areas:

Physical _____

Spiritual _____

Emotional _____

Mental _____

Social _____



Defining Your Needs (cont'd)

How can you experience GROWTH in these 5 areas:

Physical _____

Spiritual _____

Emotional _____

Mental _____

Social _____

Are there needs that you have that are not being met? What are they?

Do you have wants that you have been defining as needs? What are they?

