



Identifying Your Needs Worksheet

Using this worksheet, you can unearth your needs and begin to formulate your own personal hierarchy-of-needs process. Use a journal, a notebook, or a separate piece of paper to track your evolution; feel free to repeat the exercise every month or after you've experienced a destressing shift. Don't overthink the process; practice 16seconds before taking each step to increase your clarity.

1. Read the following list and write down the needs that are core to you right now. Make this personal. Truly connect with what you feel you are lacking at the most primal level.
 - Survival Needs: our biological and physiological requirements of air, food, water, warmth, sex, sleep . . .
 - Safety Needs: protection from elements, shelter, security from physical threats, law, order, structure . . .
 - Social Needs: belonging and love, connection, community, family, affection, relationships, attention, appreciation, acceptance, personal expression, interaction . . .
 - Esteem Needs: self-esteem, significance, achievement, material success, influence, independence, status, leadership, prestige . . .
 - Self-actualization Needs: expanded thinking, purpose, serving others, insight, realizing personal potential, self-fulfillment, having peak experiences . . .

2. Now rank your needs from highest to lowest. What's most critical right now—today? What hurts most? What unmet need is impacting your life the most?

3. Reflect on how you're currently guiding your life and what you are doing to satisfy those needs (choices, decisions, behaviors, habits). Reading this book could be an important step you are taking.

4. What needs could use a little more attention right now?

5. What needs are not being met because you are distracted, overwhelmed, or stressed?

6. What are the needs that have changed since last week? Last month? Last year? Since you were a child? Since you had a defining moment?

Read the list over a few times and make refinements and adjustments as your understanding of your core needs evolves .