



Needs Awareness

Check (✓) the needs that are the most significant or influential on your life, your behaviors, and your decisions from the following list.

<input type="checkbox"/> Wealth	<input type="checkbox"/> Status/prestige
<input type="checkbox"/> Power	<input type="checkbox"/> Control
<input type="checkbox"/> Adventure	<input type="checkbox"/> Stability
<input type="checkbox"/> Order	<input type="checkbox"/> Security
<input type="checkbox"/> Someone to rely on	<input type="checkbox"/> Belonging
<input type="checkbox"/> Love	<input type="checkbox"/> Friendships
<input type="checkbox"/> Family	<input type="checkbox"/> Happiness
<input type="checkbox"/> Expressing individuality	<input type="checkbox"/> Creativity
<input type="checkbox"/> Independence	<input type="checkbox"/> Spiritual fulfillment
<input type="checkbox"/> Personal achievement	<input type="checkbox"/> Perfectionism
<input type="checkbox"/> Being correct	<input type="checkbox"/> Accepted by others
<input type="checkbox"/> Attention of others	<input type="checkbox"/> Not look foolish
<input type="checkbox"/> Make others happy	<input type="checkbox"/> Be admired by others
<input type="checkbox"/> Make people laugh	<input type="checkbox"/> Have fun
<input type="checkbox"/> Care for others	<input type="checkbox"/> Express Opinion
<input type="checkbox"/> Dream	<input type="checkbox"/> To be yourself

List other influential needs affecting your life, your behaviors, and your decisions:

List your eight most influential needs:

Which needs might you want to alter or change (e.g. the need to rely on others, the need to be perfect, etc...)?
