

Needs Assessment



Instructions

Read the list of needs below. Identify approximately ten that you believe you must have in order to be your best. After identifying ten, narrow this list to the four that are most important to you. Write these four on the lines provided at the end of this assessment.

Ask yourself:

1. "If I had this, would I be able to reach my goals?"

List of Needs

BE ACCEPTED	Approved	Included	Respected	Popular
TO ACCOMPLISH	Achieve	Fulfill	Realize	Attain
BE LOVED	Liked	Treasured	Esteemed	Adored
BE RIGHT	Correct	Not Mistaken	Morally Right	Understood
BE CAREED FOR	Encouraged	Attention	Cared about	Saved
CERTAINTY	Clarity	Accuracy	Assurance	Promises
APPRECIATION	Acknowledged	Noticed	Remembered	Complimented
BE COMFORTABLE	Luxury	Excess	Prosperity	Cared For
TO COMMUNICATE	Be heard	Make a Point	Share	Talk
TO CONTROL	Command	Manage	Correct Others	Not Ignored
BE NEEDED	Improve Others	Useful	Please Others	Give
DUTY	Obligated	Do Right	Follow	Prove Self
BE FREE	Unrestricted	Independent	Autonomous	Liberated
HONESTY	Sincerity	Loyalty	No secrets	Tell All
ORDER	Perfection	Symmetry	Consistency	Checklist
PEACE	Quietness	Reconciliation	Agreement	Balance
POWER	Authority	Stamina	Results	Influence
SAFETY	Security	Protection	Stability	Maintain
WORK	Career	Performance	Make it Happen	Busy

Write your needs on the lines below.

Needs Assessment



What do you think about the ten (10) needs you have chosen?

Do you see any similarities, patterns, or themes among the 10 needs you have chosen?

What do you think these chosen needs say about you?

Are you fulfilling your needs?

Look at the 10 values you have chosen. Now, narrow them down to four and write your list on the lines provided below.

Four Core Needs

1. _____
2. _____
3. _____
4. _____

