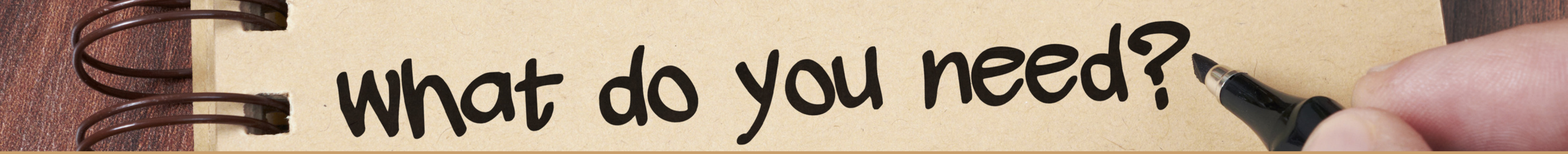


WHAT ARE  
YOUR NEEDS?

A close-up photograph of a hand holding a black pen, writing the question 'What do you need?' in a casual, handwritten style on a piece of light brown, textured paper. The paper is part of a spiral-bound notebook, with the metal spiral visible on the left edge. The background is a solid brown color.

# What do you need?

## **What Are Your Daily/Weekly/Monthly Needs? What Do You Need To Stay At OK?**

- When life is tough we can fill our needs with desires that can become bad habits – Netflix binging, over-eating/drinking etc.
- When we are OK we can give to others without harming ourselves.
- When we are not OK but still give, we are in deficit – sacrificing from resources/energy we don't have.



# 4 Categories *of Needs*



## **PHYSIOLOGICAL**

e.g. water, nutrition, sleep,  
exercise



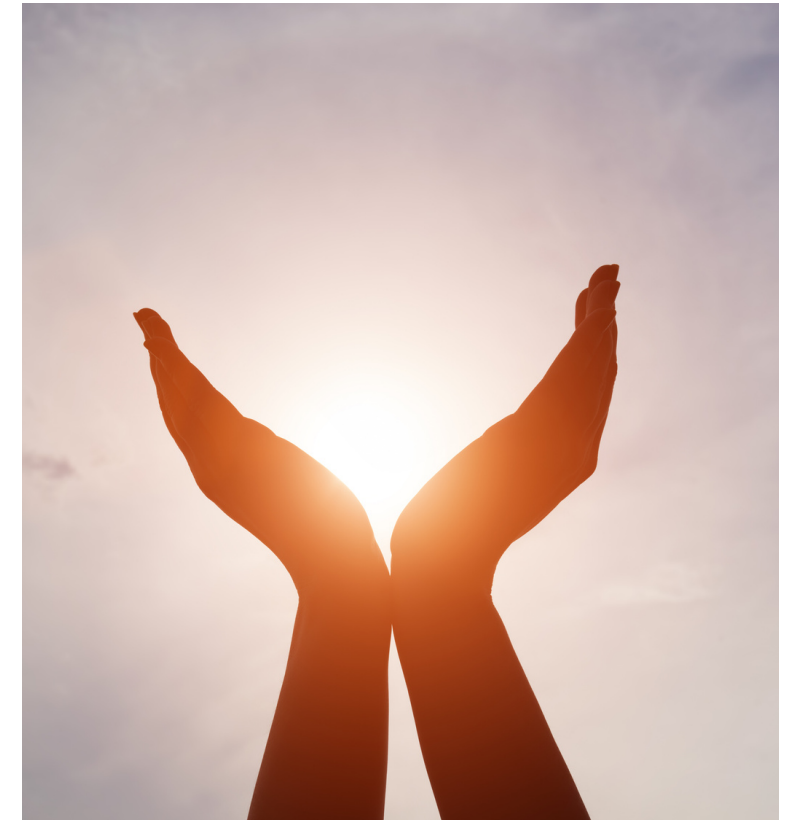
## **PSYCHOLOGICAL**

e.g. getting out in nature,  
alone time, meditation,  
mindfulness



## **RELATIONAL**

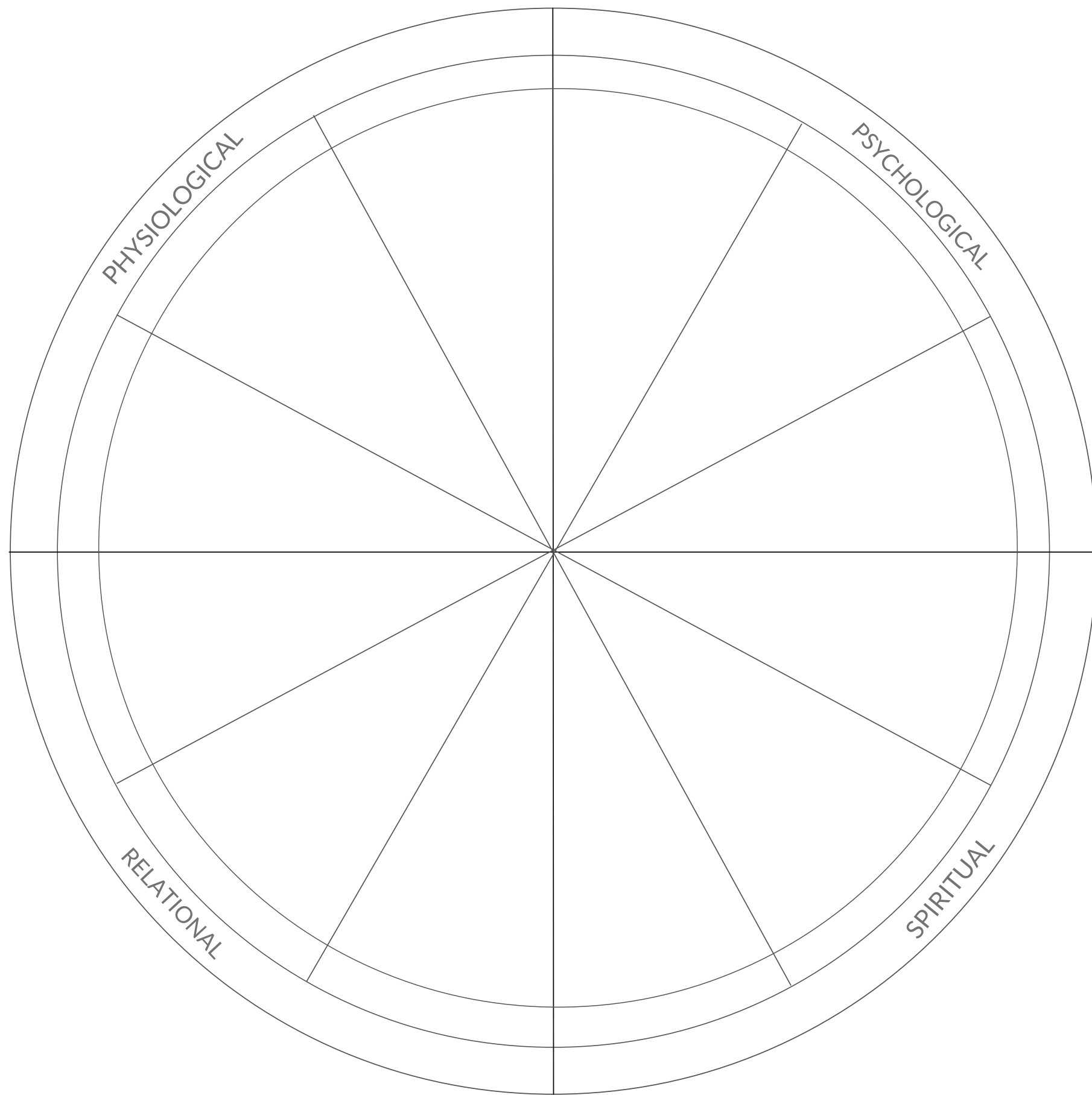
e.g. physical touch, time  
with partner, date nights,  
connecting with family &  
friends



## **SPIRITUAL**

e.g. religion, meditation,  
nature?

- Think about what you need to get to and stay at OK
- Work out the specifics of how to meet your needs. (3 meals a day, 2 snacks, 3 liters of water, etc.)
- Challenge the list: is it really a need or a desire?



**HOW ARE  
YOU DOING  
WITH YOUR  
NEEDS?**



*Fill in the wheel (similar to the Wheel of Life in terms of how much of each subsection you fill in) and repeat this on a weekly or monthly basis to see how you're meeting your needs.*