

Your Needs Profile

1. In the "WANT" column for each need, shade in the amount corresponding to the strength you believe you hold for that need in relation to the other needs. For example, you may shade up to box nine for Love and Belonging, in the shade up to seven for Power, five for Freedom, and six for Fun. That, then, would be your needs profile.
2. In the "HAVE" column for each need shade in the amount of that need you think you are currently getting in your life.
3. In the "ENERGY" column, shade in the amount that represents the amount of time and energy you are currently using to satisfy that need.

10												
9												
8												
7												
6												
5												
4												
3												
2												
1												
	Want	Have	Energy	Want	Have	Energy	Want	Have	Energy	Want	Have	Energy
	Love and Belonging			Power			Freedom			Fun		

Discussion Question: What have you learned about your needs and the behaviors you are using to meet your needs? You might wish to discuss this with your group members.