

Needs Assessment

Rate Your Needs
Low (1) to High (10)

*(i.e. If I am considering declaring bankruptcy, I would rate health and finance at a 1;
Because my need for financial security is largely going unmet)*

| Need | 1-10 Pre-Covid | 1-10 Now | Action Plan (Barrier to Overcome) |
|------------------------------------|-------------------|-------------|--------------------------------------|
| Safety & Security | | | |
| Protection from physical harm | | | |
| Health & Finances | | | |
| Emotional Shelter | | | |
| Power & Control | | | |
| Influence over one's life | | | |
| Volition over choices | | | |
| Unique Competency | | | |
| Freedom & Independence | | | |
| Self-sufficiency | | | |
| Room to make mistakes | | | |
| Space to take risks | | | |
| Fun & Excitement | | | |
| Adventure & Exploration | | | |
| Making time to play | | | |
| Laughter & Mystery | | | |
| Joy & Happiness | | | |
| Pleasure without purpose | | | |
| Lighthearted or carefree | | | |
| Appreciating simple goodness | | | |
| Affiliation & Belonging | | | |
| Friendship | | | |
| Attention of others | | | |
| Feeling a part of something | | | |
| Approval & Acceptance | | | |
| Comfortable with uniqueness | | | |
| Accepting others | | | |
| Embracing frailties | | | |
| Love & Intimacy | | | |
| Physical touch | | | |
| Emotional closeness | | | |

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|--|--|--|--|
| Unconditional positive regard | | | |
| Value & Importance | | | |
| Highly regarded | | | |
| Creativity with purpose | | | |
| Respected for my work | | | |
| Peace & Harmony | | | |
| Congruence between beliefs, values, wants and action | | | |
| Living without regrets | | | |
| Balance between giving and receiving with the world | | | |
| Purpose & Meaning | | | |
| Fulfillment from sacrifice | | | |
| My life stands for something | | | |
| I've made a difference | | | |

Explanations

Safety & Security

Protection from physical harm: The degree to which you live without the threat of aggression or violence.

Health & Finances: The degree to which you live without the threat of poverty, hardship, pain, illness, or dis-ease.

Emotional Shelter: The degree to which you live without the threat of psychological distress, emotional abuse, or chronic stress.

Power & Control

Influence over one's life: The degree to which you control your daily operation, including who you spend time with, where you work, and how you socialize.

Volition over choices: The degree to which you feel freed to decide for yourself what is in your best interest, including ethics, values, and morals.

Unique competency: The degree to which you feel qualified or proficient in a particular area that builds esteem and supports your identity.

Freedom & Independence

Self-sufficiency: The degree to which you function without help, relying on others without depending on them.

Room to make mistakes: The degree to which you can fail without it adversely impacting your self-worth or autonomy.

Space to take risks: The degree to which you trust yourself and are trusted by others to push for change or lean into discomfort.

Fun & Excitement

Adventure & Exploration: The degree to which you travel, meet new people, experiment with new ways of living and relating.

Making time to play: The degree to which you can be silly and childlike. The time you spend with games and hobbies.

Laughter & Mystery: The degree to which you smile, joke, and engage in suspenseful activity.

Joy & Happiness

Pleasure without purpose: The degree to which you engage in stress relieving activity that brings light to your day.

Lighthearted or carefree: The degree to which you can rest your mind, abstain from worry, or be unburdened from responsibility.

Appreciating simple goodness: The degree to which you take notice of nature and the small things that helps us appreciate life.

Affiliation & Belonging

Friendship: The degree to which you can call upon a variety of people for socializing, support, and companionship.

Attention of others: The degree to which you feel seen and heard by others, interested in your opinion and caring about your feelings.

Feeling a part of something: The degree to which you actively share interests, beliefs, activities with others, helping you feel inclusion on a regular basis.

Approval & Acceptance

Comfortable with uniqueness: The degree to which you allow yourself to stand apart from others, highlighting your authentic self.

Accepting others: The degree to which you suspend judgment in favor of interest and curiosity of the differences between yourself and others.

Embracing frailties: The degree to which you are aware of your inequities, open and comfortable with your imperfections as a human being.

Love & Intimacy

Physician touch: The degree to which you provide and receive comfort from hugs, loving contact and proximity with others.

Emotional closeness: The degree to which you allow others to experience you with raw emotion, not concerned with your reputation, resulting in greater depth.

Unconditional positive regard: The degree to which you trust in being cared for and loved regardless of your beliefs or actions.

Value & Importance

Highly regarded: The degree to which you are recognized as an essential part of your small or larger personal/ professional communities.

Creativity with purpose: The degree to which you contribute to the greater good through intentional innovation and experimentation.

Respected for my work: The degree to which your efforts are viewed with integrity and industry by colleagues, supervisors, and subordinates.

Peace & Harmony

Congruence between beliefs, values, want, and action: The degree to which you act in concert with your moral compass without conflict from external expectations.

Living without regrets: The degree to which you have healed old wounds, come to terms with your choices, relationships, beliefs, and reconciled unfinished business.

Balance between giving and receiving with the world: The degree to which you feel at ease with your contributions to society, creating a legacy of good will.

Purpose & Meaning

Fulfillment from sacrifice: The degree to which your actions to support the greater good have replaced a sense of personal loss with spiritual gain.

My life stands for something: The degree to which you trust in your legacy as a person of virtue, confident you are and will be thought of as living with meaningful intention.

I've made a difference: The degree to which you believe in your welcomed impact on others and your valued contributions to society.