

Noticing Needs Guide

At the center of every conflict lies an unmet need. When my needs are not met, it impacts how I show up at home, work, and in the community. Considering the six areas of basic needs, my current level of satisfaction in each is:

	D (1=dissatisfied and 5=fully satisfied) FS				
<u><i>Connection</i></u> ~ <i>Appreciation, Respect, Support, Understanding</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<u><i>Freedom</i></u> ~ <i>Autonomy, Dignity, Independence, Personal Space</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<u><i>Joy</i></u> ~ <i>Fun, Laughter, Play, Relaxation</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<u><i>Meaning</i></u> ~ <i>Clarity, Growth, Integrity, Purpose</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<u><i>Peace</i></u> ~ <i>Balance, Ease, Harmony, Hope</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<u><i>Well-Being</i></u> ~ <i>Physical, Emotional, and Spiritual Health, Safety</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

Some ideas to meet my own needs for connection, freedom, meaning, joy, peace, and well-being include:

I commit to taking care of me, which allows me to show up with more clarity, compassion, and curiosity with the people around me.

Within the next seven days, I will take care of me by:

I will do this on _____ @ _____ a.m./p.m.