

Noticing Needs

Completing a needs assessment allows you to be clear, compassionate, and curious with yourself.

What are YOUR needs?

Consider your level of satisfaction in meeting your needs.

You may rate your level of satisfaction in each area on a scale of 1 to 5. This helps you gauge where you are right now.

It is neither good nor bad.

It represents your current starting point.

When you know the levels in each area of life, you may decide when and how to maintain or refill.

Maintaining a satisfactory level allows you be your best self.

Pause and notice your level of satisfaction in meeting the needs in each of these areas of your life right now.

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

What meets YOUR needs?

Conflicts sometimes arise when people have different ideas about what it looks like to show appreciation, respect, support, or understanding. Folks may also view balance, freedom, joy, meaning, and well-being differently. When you take time to be more clear about your wishes, you may be in a better space to be more curious and compassionate about the wishes of those around you.

On the previous page you completed your needs assessment.

Now take a few moments to consider how you might meet your needs for connection, freedom, meaning, joy, peace, and well-being.

Let yourself be creative and write what you would absolutely love.

List your ideas here:

What step will YOU take to meet you needs?

Now is your time to commit to you.

Keeping commitments to you demonstrates self-care, self-love, and self-respect.

Meeting your needs plays an important role in creating inner peace.

Inner peace leads to outer peace.

Committing to taking care of you allows you to show up with more clarity, compassion, and curiosity with the people around you.

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

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

*To schedule sherry to speak with your business, group or organization email
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Learn more at BrucknerMediation.Com