

EXERCISE: MY NEEDS

WHAT ARE MY NEEDS?

Make a list. Which things do you need to make you feel good and happy? Take a look at the Table of Needs from last chapter and write down the needs you feel are the most important to you currently.

2. HOW WELL ARE MY NEEDS FULFILLED IN MY LIFE, HOW DO I OR OTHERS FULFIL THEM?

Consider which needs are met well enough and which are not, by listing them under the plus or minus fields.

+	-