

## Mini-Coaching Session

The following is a list of some commonly recognized needs. A need is different from a want. A need is a requirement for you to live a fulfilling worthwhile life. A want is something that would be nice to have, but your life is fine without.

Please pick the **four** that are **most important** in your life currently.

Feel free to add anything missing from this list.

Acknowledgement	Fairness	Tenderness
Appreciation	Fun	Touch
Attention	Impact	Value
Balance	Importance	Vision
Care	Inclusion	Willingness
Communication	Independence	Work
Compliments	Loyalty	
Consistency	Perfections	
Correctness	Popularity	
Community	Profit	
Courtesy	Protection	
Creativity	Quietness	
Encouragement	Relationship	
Excitement	Results	

Choose **one** of your four and write down on a piece of paper your answers to the following questions:

What are **5** clues from my childhood as to why this is a need for me?

What are **5** clues from my personality as to why this is a need for me?

What are **5** words that describe me when this need is met?

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What are **5 words** that describe me when this need is **NOT** met?

What are **5 ways** I am meeting this need presently?

What are **5 ways** this need is not being met in my life at the present?

What are **3 changes** in my life that would allow this need to be met?

What are **3 specific** requests I can make to others to meet this need?

What are **3 standards** I hold myself to in relation to this need?

What did you learn about yourself? What changes do you plan to make? Do you plan to release this need or change aspects of your life or behavior to ensure this need is met?

Thank you for participating. Have a Life Changing Day!