NEEDS CHECKLIST

Essential Elements for Living a Fulfilling Life.

Objective: Check off as many of these as you can as quickly as you can. It may take days, weeks, month or even years to complete it but you are worth the effort.

MY HEART

- ◯ To experience receiving love
- ◯ To experience giving love
- ◯ To have dreams and aspirations
- ◯ To feel supported
- ◯ To be childlike...to play
- ◯ To feel safe emotionally with those around you
- ◯ To experience a sense of freedom
- ◯ Feeling appreciated

MY MIND

- ◯ To be able to rest without having to overthink or overcompensate in order to feel safe
- ◯ Mental stimulation (i.e. reading or deep conversation, adventure, etc)
- ◯ A healthy level of self-confidence
- ◯ Feeling capable (feeling accomplished)
- ◯ Creativity
- ◯ Clarity & Organization (of thoughts and things)

MY BODY

- ◯ Adequate Rest/Sleep
- ◯ Healthy food (fresh fruits and vegetables)
- ◯ Plenty of clean water (some have suggested half your body weight in ounces per day)
- ◯ Exercise
- ◯ Safe physical touch (i.e. hugs, cuddling, etc.)
- ◯ A safe place to live. A place that feels like "home."
- ◯ A self-care routine (for hygiene purposes and to look and feel your best.)

MY FINANCES

- ◯ Enough resources to meet not only your basic needs but also at least some of your wants and enough for your future stability (i.e. retirement)
- ◯ To have the ability to help someone else financially.
- ◯ Financial discipline.
- ◯ Financial literacy
- ◯ A method of earning income that you enjoy and feel empowered by.

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