

Identifying Your Needs

The following list can help you identify basic needs you have already taken care of and needs you still wish to meet.



Needs	I want to find a way to fulfill these needs	I've taken care of these needs
A safe and comfortable place to live		
Something worthwhile to do, such as a job or attending school to learn a new skill		
Adequate transportation		
Finding a way to balance activities in your life		
Hobbies or activities you enjoy		
Friends, love, and a sense of belonging in your life		
An intimate sexual relationship (if you choose to have one)		
Feeling physically, emotionally, and spiritually healthy		