

My Needs and Wants Worksheet



What I Need or Want	Why I Need or Want It	On A Scale of 1 (Least) to 5 (Most) This Is How Important It Is To Me

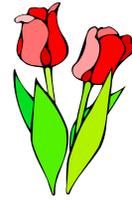
A **need** is something you must have, something you can't do without. Needs are usually described in terms of basic survival, for example, food, clothing, and shelter. There are also needs that might be important for you to function as a member of society such as reliable transportation, affordable health insurance, or child care. In addition, over and above basic survival needs, we each have a unique set of personal needs that must be met in order for us to thrive and to be at our best. Some examples of personal needs include accomplishment, connection, independence, intellectual stimulation, personal safety, or solitude.

A **want** is something that you'd like to have, something that you desire but you could probably live without. It is not absolutely necessary, but it would be a good thing to have. Some examples of wants are going back to school to start, continue, or finish your education, or learning to play a musical instrument.

Examples of Needs and Wants

- I need/want to live in a neighborhood that has great schools nearby.
- I need/want to have considerate neighbors.
- I need/want a telework job so I no longer have to commute to work.
- I need/want to work with considerate colleagues.
- I need/want to look forward to going to work.
- I need/want to go back to school.
- I need/want sufficient time to enjoy my hobbies.
- I need/want more time to spend with my family and friends.
- I need/want to enjoy how I earn the money that meets my needs and wants.
- I need/want a regular paycheck.
- I need/want to be free of debt.
- I need/want to be active and strong all of my physical life.
- I need/want to be able to control my living situation or my physical environment.
- I need/want my living situation to be safe.
- I need/want to be free.
- I need/want to enjoy being at home.

My Authentic Self Worksheet



My Authentic Self Components	Description	On A Scale of 1 (Least) to 5 (Most), This Is How Important It Is To Me
My Values	1. 2. 3.	
My Passions and Interests	1. 2. 3.	
My Natural Abilities	1. 2. 3.	
My Favorite Skills	1. 2. 3.	
My Personality Preferences	1. 2. 3.	

A Closer Look at the Characteristics of Your Authentic Self

My Values: A value is a principle, standard, or quality considered inherently worthwhile or desirable. Values are what motivate and fulfill you. They are what guide you through every day, every task, every encounter with another being. They imbue your work and your life with meaning. Values can be work related or non-work related. Your truest values are those that you live by or that you are willing to commit to live by. Examples: Accomplishment, Autonomy, Balance, Belonging to a Group, Compassion, Creativity, Doing Good, Faith, Family, Friendships, Financial Security, Health, Integrity, Leadership.

My Passions/Interests: You feel strongly about something or you like the way it makes you feel when you are engaged in it. Your passions can be work related or non-work related. Your passions can also include interests that you've never done before, or activities or hobbies that you've always been drawn to but never tried. Ask yourself this, "If I could talk about something with someone all day long, day after day, what would that subject or field of interest be? If I were stuck on a desert island with a person who only had the capacity to speak on a few subjects, what would I hope those subjects were?" Examples: Golf, Cooking, Entrepreneurship, Animal Behavior, Gardening, Reading, Writing, Painting, Sewing, Investing, Homeopathic Healing.

My Natural Abilities: Everyone is born with a unique group of talents that are as individual as a fingerprint or snowflake. These "natural abilities" give each person a special talent to do certain kinds of tasks easily and happily. Your natural abilities remain with you, unchanging, for your entire life. In this section, list everything, both work related and non-work related, that comes naturally to you, for which you seem to have a knack. Examples: Organizing, Motivating, Planning, Leading, Teaching, Motivating, Writing.

My Favorite Skills: A skill is an ability or expertise. A favorite skill is one that you not only possess but are also interested in and willing to use. Skills can be both personal and professional. Examples: Planning, Mentoring, Coaching, Analyzing, Leading/Supervising, Instructing, Interpreting, Facilitating.

My Personality Preferences: These are traits that are usually derived from tests such as Meyers Briggs and include words like Introverted, Outgoing, Structured, Spontaneous, Idealistic, Realistic, Assertive, Acquiescent, Emotional, Controlling, or Factual. Now, you might not agree with using personality tests to determine work compatibility. But consider this: if you describe yourself as Introverted, you might be happier teleworking than working in an office environment where everyone is chummy and there is an expectation of doing things together socially. As another example, if you define yourself as Spontaneous, you might find that working at a 9-to-5 job where you have to sign in and out is too restrictive.

Take What You Want and Leave the Rest Worksheet



These are my most important needs and wants:

- 1.
- 2.
- 3.
- 4.
- 5.

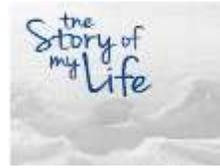
These are the achievements that I'm most proud of:

- 1.
- 2.
- 3.
- 4.
- 5.

These are the components of my Authentic Self that are most important to me:

- 1.
- 2.
- 3.
- 4.
- 5.

My Present Circumstances Worksheet



1. My current family situation is:

2. My current living situation is:

3. My current financial situation is:

4. My current life-work situation is:

5. My physical condition is:

You can include in your current life story anything you'd like. Here are just a few ideas to get you started:

1. Describe your current family situation.

Are you married, single, in a committed relationship, or blended family? How would you describe your family to a stranger or new acquaintance? Do any of your family members need to be included in your life-work Action Plan?

2. Describe your current living situation.

Do you rent or own? Live alone or with others? Do you have your "own space" or do you share it? Do you have to pay for your living situation (maybe you're living at home and your parents do not require you to pay rent)? What is the neighborhood or the community like? Do you have pets? What is their living situation like?

3. Describe your current financial situation.

For example, what do you make, what do you owe, what do you have in savings? Do you provide none, some, or all of the money that your present needs or wants require? Do you financially support a parent or other person? Remember to include anything that could financially impact how you ultimately define your ideal life-work. Keep in mind that this isn't a comprehensive numbers-crunching activity. It's simply a snapshot of what you believe is your current financial situation if you had to describe it to someone else.

4. Describe your current life-work situation.

What do you do to generate an income or get the money you currently have to meet your needs and wants? Do you work outside of the home or inside? If you work outside of the home, do you commute to your place of employment, and, if so, how would you describe the commute? How do you feel about your workplace environment or your colleagues? Are you using your natural abilities or skills? Is your work environment supportive or toxic? Did you pick the right work but the wrong place to do it?

5. Describe your physical condition.

Outline your health, your level of fitness, any chronic or acute medical conditions you are facing. Do you have health insurance? Be sure to include any family member whose physical condition you also need to account for.

My Crossroads Worksheet



To align my present circumstances with what's most important to me, I'm willing to:

To align my present circumstances with what's most important to me, I'm not willing to:

The thought of change makes me feel:

If not for fear, I would:

These are the rewards that could come to me if I pursue my ideal life-work:

My Life-Work Worksheet



This is how I define “Life-Work” that is in my best and highest interest right now:

My Life-Work Motto is: