



THE COACHING GROUP

NEEDS

WE ALL HAVE NEEDS. UNDERSTANDING WHAT OUR NEEDS ARE, HOW THEY ARE BEING MET AND WHERE THEY ARE NOT BEING MET IS AN IMPORTANT STEP TOWARDS LEADING A FULFILLING LIFE. THIS EXERCISE WILL HELP YOU TO REFLECT ON YOUR NEEDS AND HOW THEY ARE CURRENTLY BEING MET.

List your emotional needs

Rank them in order of importance

Complete the table below, focusing on your top 5 needs

Need	Met/ unmet	How is this need currently being met?	Fully met/ partially

