

Needs Inventory

This needs inventory is to help you determine what needs are being fulfilled within your life. This is simply a gauge in which to start from. Answer the following statements truthfully and to the best of your ability.

Certainty

	Strongly disagree			Strongly agree	
I have a secure place to live.	1	2	3	4	5
I have a more than adequate regular income.	1	2	3	4	5
I am debt free	1	2	3	4	5
My morning routine is very structured and constant.	1	2	3	4	5
My family supports me completely.	1	2	3	4	5
I am in total control of my life	1	2	3	4	5
I have a reliable means of transportation	1	2	3	4	5
I have a really good idea how most days will go.	1	2	3	4	5
I am always prepared.	1	2	3	4	5
I plan things thoroughly.	1	2	3	4	5

Total _____

Variety

I laugh all the time.	1	2	3	4	5
I'm excited to see what each day will bring.	1	2	3	4	5
I love to change things up.	1	2	3	4	5
I've had lots of different jobs.	1	2	3	4	5

Strongly disagree

Strongly agree

I live to have fun.	1	2	3	4	5
I have lots of different interests.	1	2	3	4	5
I get bored easily.	1	2	3	4	5
Traveling is my favourite thing	1	2	3	4	5
I never plan things, I just let things happen.	1	2	3	4	5
I'm willing to try anything.	1	2	3	4	5

Total _____

Significance

I know my life's purpose.	1	2	3	4	5
I want to achieve great things.	1	2	3	4	5
I am important to people.	1	2	3	4	5
I know where I'm going.	1	2	3	4	5
I like to be the centre of attention.	1	2	3	4	5
My input is impactful.	1	2	3	4	5
I feel appreciated.	1	2	3	4	5
I feel inspired.	1	2	3	4	5
I am respected.	1	2	3	4	5
My integrity is vitally important.	1	2	3	4	5

Total _____

Growth

Strongly disagree

Strongly agree

I am very ambitious.	1	2	3	4	5
I love new challenges.	1	2	3	4	5
I constantly set new goals to achieve.	1	2	3	4	5
I enjoy getting out of my comfort zone.	1	2	3	4	5
I work very hard to better myself.	1	2	3	4	5
Anything is possible.	1	2	3	4	5
There is always room for improvement.	1	2	3	4	5
I am a problem solver.	1	2	3	4	5
I am a free thinker.	1	2	3	4	5
I am always learning.	1	2	3	4	5

Total _____

Connection

I love being around people.	1	2	3	4	5
I'm constantly meeting new people.	1	2	3	4	5
I am loved.	1	2	3	4	5
I have many intimate relationships.	1	2	3	4	5
I like to be touched.	1	2	3	4	5
My family is everything to me.	1	2	3	4	5
I get energy from being around others.	1	2	3	4	5
I get into deep conversations.	1	2	3	4	5
I fear being alone.	1	2	3	4	5
I am a great listener.	1	2	3	4	5

Total _____

Contribution

Strongly disagree

Strongly agree

I feel the happiest when I help people.

1 2 3 4 5

I go out of my way for others.

1 2 3 4 5

I enjoy being part of a team.

1 2 3 4 5

I belong to several organizations.

1 2 3 4 5

I enjoy sharing my ideas.

1 2 3 4 5

I make a difference in my community.

1 2 3 4 5

I look out for others.

1 2 3 4 5

I like being a part of events.

1 2 3 4 5

I volunteer.

1 2 3 4 5

I enjoy giving.

1 2 3 4 5

Total _____

Totals

Certainty _____

Variety _____

Significance _____

Divide by 10

Divide by 10

Divide by 10

Total _____

Total _____

Total _____

Growth _____

Connection _____

Contribution _____

Divide by 10

Divide by 10

Divide by 10

Total _____

Total _____

Total _____

Further Exploration

Which need do you spend the majority of your time trying to achieve?

What percentage of your time do you spend trying to achieve it?

Why do you think you spend so much time on this need?

How much of this need do you need to feel satisfied?

How do you behave differently when this need is not met?

Which need do you spend the least amount of time trying to achieve?

Why do you think this is?

Are you starving for this need? How does the lack of this need affect your behaviour?

What are your present methods to get this need fulfilled?

What are some other ways to fulfill this need?