



Your Needs Matter.

Use the space below to keep track of your needs - met or unmet - for the next seven days.

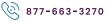
DAY 1	
MET NEEDS	UNMET NEEDS

DAY 2	
MET NEEDS	UNMET NEEDS

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HAVE QUESTIONS? NEED HELP? WANT SUPPORT?











DAY 3		
MET NEEDS	UNMET NEEDS	

DAY 4		
MET NEEDS	UNMET NEEDS	

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DAY 5		
MET NEEDS	UNMET NEEDS	

DAY 6		
MET NEEDS	UNMET NEEDS	









BECOME AWARE

DAY 7		
MET NEEDS	UNMET NEEDS	
Now that a week has past, do you see any	similarities in your daily needs? Which of	
these needs are easier to meet and which	present a greater challenge?	
Which needs are you able to meet alone a	nd which do you need others to support	
you?	nd which do you need others to support	
, 		

Great Work!

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