

**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

DAY 3	
MET NEEDS	UNMET NEEDS

DAY 4	
MET NEEDS	UNMET NEEDS

DAY 5	
MET NEEDS	UNMET NEEDS

DAY 6	
MET NEEDS	UNMET NEEDS

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 and which do you need others to support you?

**Great Work!**