

**NEEDS ASSESSMENT: What do you need to feel safe, happy, healthy and loved?**

LIFE AREA	NEEDS	HOW ARE NEEDS BEING MET NOW	PLANS FOR HAVING NEEDS MET
HOME ENVIRONMENT			
HEALTH & FITNESS			
RELATIONSHIPS			

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LIFE AREA	NEEDS	HOW ARE NEEDS BEING MET NOW	PLANS FOR HAVING NEEDS MET
CAREER & FINANCES			
FUN & CREATIVITY			
STRESS & LIFE BALANCE			

**NEEDS ASSESSMENT: What do you need to feel safe, happy, healthy and loved?**

LIFE AREA	NEEDS	HOW ARE NEEDS BEING MET NOW	PLANS FOR HAVING NEEDS MET
ENERGY			
BODY IMAGE			
PERSONAL DEVELOPMENT			