



The Military Spouse Coach®

Support, strategies and solutions for career and life

NEEDS IDENTIFICATION:

Pick 10 needs that resonate with you. Narrow to your top four. On a separate page, list how you get each need met?

BE ACCEPTED

Be approved
Be permitted
Be included
Be popular
Be allowed
Be respected
Be tolerated

TO ACCOMPLISH

To achieve
To fulfill
To profit
To progress
To realize
To attain
To be victorious

BE ACKNOWLEDGED

Be flattered
Be appreciated
Be praised
Be complimented
Be valued
Be honored
Be thanked

BE LOVED

Be liked
Be held
Be cherished
Be desired
Be adored
Be esteemed
Be touched

BE RIGHT

Be correct
Be morally right
Be advocated for
Be deferred to
Be honest
Be confirmed
Be understood

BE CARED FOR

Get attention
Get Tenderness
Be helped
Be attended to
Get gifts
Be cared about
Be treasured

CERTAINTY

Clarity
Commitment
Accuracy
Guarantees
Exactness
Assurance
Precision

BE COMFORTABLE

Luxury
Prosperity
Indulgence
Be taken care of
Have excess
Abundance
Be served

TO COMMUNICATE

Be heard
Be listened to
Gossip
Share
Comment
Tell stories
Inform

TO CONTROL

Dominate
Manage
Not be ignored
Command
Correct others
Keep status quo
Be obeyed

BE NEEDED

Improve others
Be craved
Be giving
Be a critical link
Please others
Be important
Affect others

DUTY

Obligated
Obey
Prove self
Be devoted
Follow
Satisfy others
Have a cause

BE FREE

Be unrestricted
Be independent
Not be obligated
Be privileged
Be autonomous
Be self-reliant
Be liberated

HONESTY

Forthrightness
Sincerity
Uprightness
Loyalty
Genuineness
Frankness
Tell all

ORDER

Perfection
Sequential
Rightness
Symmetry
Checklists
Literales
Consistency

PEACE

Quiet
Agreement
Calmness
Stillness
Respite
Unity
Balance

POWER

Authority
Stamina
Capacity
Strength
Results
Might
Influence

RECOGNITION

Be noticed
Be well regarded
Be remembered
Get credit
Be known for
Be acclaimed
Be celebrated

SAFETY

Security
Fully informed
Cautious
Protected
Deliberate
Alert
Stable

WORK

Career
Responsibility
Performance
Make it happen
Industriousness
Vocation
Be busy

Top Four Needs: Define and describe how each one is met or not met.

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How do you personally define your four needs?

Where are your needs being met?

Where are they not being met?

How could you better get them met?

How did this exercise make you feel?

What changes do you want to make in your life right now to protect your needs?

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