

Survival:

- Conservative
- Not a Risk-taker
- Cautious
- Predicable
- Long-term planner
- Value Tradition
- Focus on Safety measures
- Prepared for emergencies
- Concern for financial security
- Adequate shelter secure
- Disaster plan in place
- Invest wisely
- Saver
- Organized
- Punctual
- Responsible
- Loyal
- Dependable
- Knows self defense
- Daily Exercise
- Routine physical assessments
- Keep regular daily routine
- Get adequate Rest
- Family planning
- Stable long-term relationships

Love and Belonging

- Social
- Generous
- Helpful
- Friendly
- Compassionate
- Caring
- Kind
- Hospitable
- Peacemaker
- Family oriented
- Joiner
- Affectionate
- Deep feelings
- Healthy intimacy
- Cooperative
- Out-going
- Nurturer
- Empathetic
- Diplomatic
- Patient
- Communicate clearly
- Collaborative
- Trustworthy
- Mediator
- Team player

Freedom

- Independent
- Self-Reliant
- Boundless
- Liberated
- Unrestricted
- Autonomous
- Inexhaustible
- Seek novelty
- Risk-taker
- Never bored
- Own Best friend
- Flexible
- Creative
- Relax easily
- Peaceful
- Immune to rules
- Seek alternatives
- Create options
- Adventurous
- Welcome change
- Not time-constricted
- Detached
- Unobstructed
- Refuse restraints
- Limitless

Power

- Achievement oriented
- Driven for success
- Set goals
- High standards
- Challenges self
- Committed
- Triumphant
- Persistent
- Purposeful
- Competent
- Courageous
- Confident
- Winner
- Enjoy competition
- Value recognition
- Seek attention/fame
- Decisive
- Determined
- Indefatigable
- Seek proficiency
- Constant improvement
- Infallible
- Control destiny
- Strength of conviction
- High self-esteem

Fun

- Celebrate life
- Laugh frequently
- Sense of humor
- Joyful
- Spontaneous
- Witty
- Playful
- Cheerful
- Positive outlook
- Seek variety
- Seek novelty
- Spirited
- Enthusiastic
- Engaging
- Amusing
- Game-player
- Innovative
- Active in sports
- Enjoy art, music
- Enjoy Comedy
- Never bored
- Light-hearted
- Love for learning
- Highly creative
- Enjoy parties, festivals

Directions:

Mark all of the boxes that you believe describe you. Add the number of times you checked the boxes in each need descriptor and record the number at the bottom of the list. Divide each total number of checks by 5. This should give you a score of between 1 and 5 for each need. Record this in the appropriate box on the score sheet. You will end up with a profile of your needs strength..... 1- to - 5.

- 1 is low
- 2 is below average
- 3 is average
- 4 is above average
- 5 is high