1. In what ways might you be meeting your need for Certainty?
2. In what ways might you be meeting your need for Uncertainty?
3. In what ways might you be meeting your need for Significance?
4. In what ways might you be meeting your need for Love & Connection?

1. Do you think you meet your need for Growth? If so, how? If no.. how could you go about doing that?
2. Do you think you meet your need for Contribution? If so, how? If no.. how could you go about doing that?