

MY HIERARCHY OF NEEDS

SELF-ASSESSMENT

NEED:	I HAVE MET THIS NEED.	I AM WORKING ON IT.
I have a place to sleep at night		
I have food to eat everyday		
I have clean water to drink everyday		
The place where I live is a place where I feel safe and secure from physical harm		
School is a place where I feel safe and secure from harm		
I feel safe from emotional harm and bullying		
My friends and family know the real me		
I have a loving and solid relationship with my family members		
I belong to a group of friends who love and care about me		
I have confidence and can be myself around friends and strangers		
There is a hobby, sport, or skill where I excel and do a better job than others		
People want to be like me because I am special		
I have the time, space, and energy to be creative		
I'm able to do whatever I want everyday; I don't need to go to school or work at a job		
I do not feel any pressure from the outside world to change who I am or what I do		