

A Quick Screen to Uncovering Your Two 2 Human Needs

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“I Prefer” (Circle Either One)

Fun	Working	Good Mixture of Both
“Winging It”	Planning things in Detail	Being prepared yet open to suggestions
When People Criticize me I don't Care	What People think of Me Matters to Me	Sometimes it matters
I Love New Challenges	I Prefer routines	I like some challenges that I'm comfortable with
I Volunteer 3x/week	I contribute more to work & Family	I give when I'm asked
I value my role at work most	I value my role in my relationships the most	I would say the balance is 50/50 70/30 (work/relationships)
I would like more authority	I have enough in all my 3 Life Zones	It doesn't matter to me either way
I want to accomplish more in my home life	I want to accomplish more in my work life	I want to accomplish more personally
I keep my work place tidy	I keep my work place messy	I am a creative being and it's a balance between the two

I'm strict about what I eat & my exercise regiment	I am sometimes strict about what I eat and could exercise more	I'm very relaxed about what I eat and exercise is <u>not</u> a routine in my life
I'm open to other people's opinions	I will listen to be polite but I know that I am fairly confident about many matters	I know a great deal and people come to me often for advice

My Legacy is going to be/revealed by\_\_\_\_\_.

The most important thing in Life is \_\_\_\_\_.

The second most important thing in Life is \_\_\_\_\_.

The Third most important thing in Life is \_\_\_\_\_.

My friends would say I am more (Certainty, Variety, Recognition, Love, Growth or Contribution) Driven.

My spouse/partner or family would say I am (Certainty, Variety, Recognition, Love, Growth o Contribution) Driven.

I would say I am (Certainty, Variety, Recognition, Love, Growth o Contribution) Driven.

I get Certainty from \_\_\_\_\_. I feel uncertain when \_\_\_\_\_.

I get Variety from \_\_\_\_\_. I get bored when \_\_\_\_\_.

I Feel Recognized when \_\_\_\_\_. I feel unrecognized when \_\_\_\_\_.

I Feel Love/Connection with people when \_\_\_\_\_.

I Feel loss of Connection when people \_\_\_\_\_.

I Feel Challenged when \_\_\_\_\_ and like it OR don't like it.

I Feel I'm Contributing when \_\_\_\_\_. I do this often (YES or NO).

## Summary

Most likely my top two driving needs are \_\_\_\_\_ and \_\_\_\_\_.

I can add more growth/challenge in my life by \_\_\_\_\_.

I can add more contribution in my life by \_\_\_\_\_.