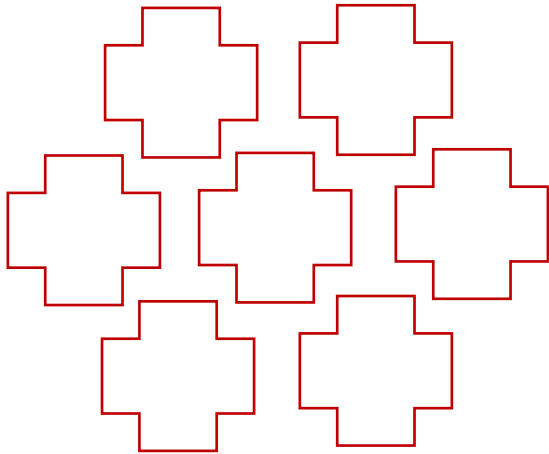


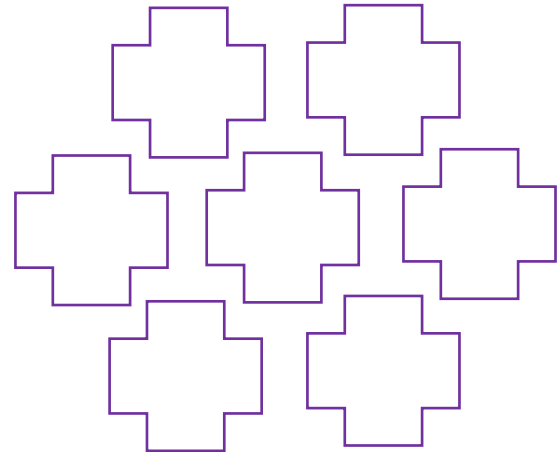
Keep track of your needs weekly and colour daily if you have experienced any of them. You have seven spaces for each need. Descriptions of the needs are on the last page. =))

NEEDS TRACKER

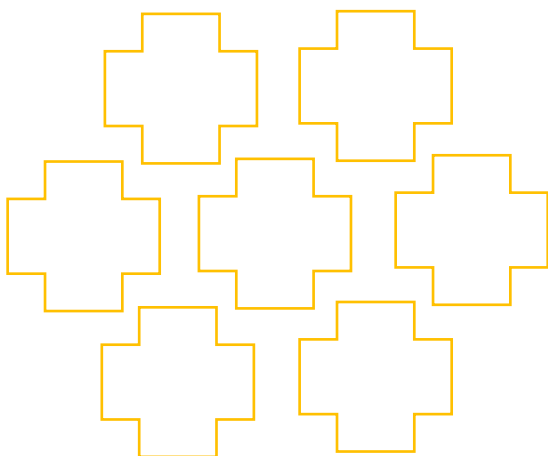
Autonomy



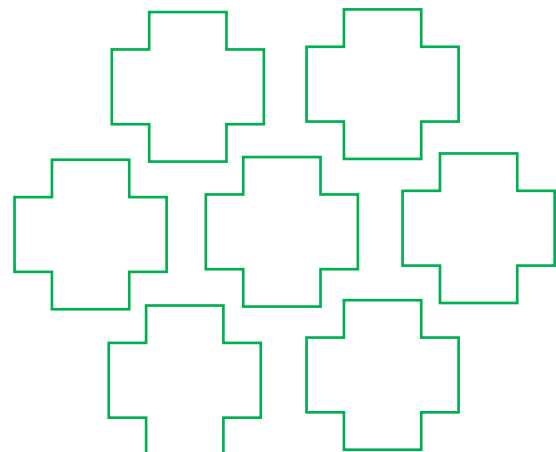
Respect



Belonging



Fun

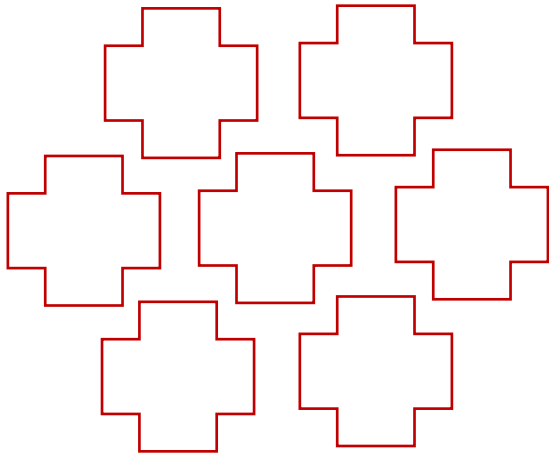


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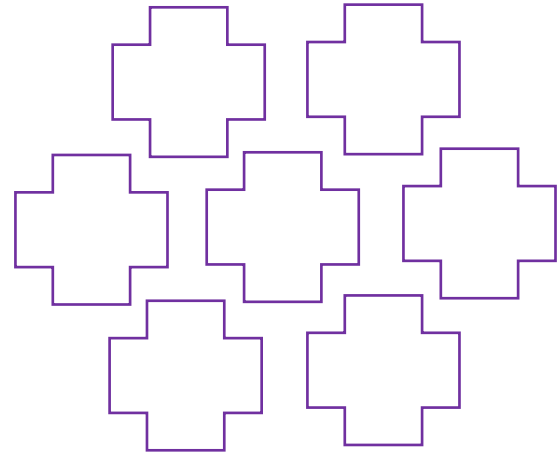
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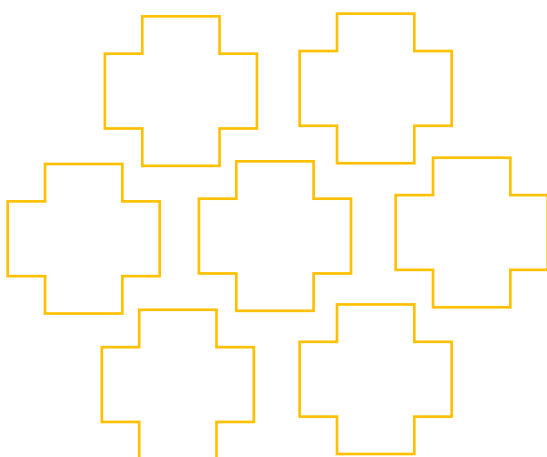
Appreciation



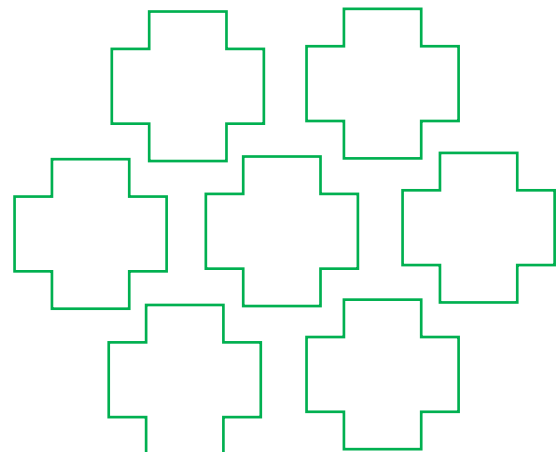
Experimenting



Honesty



Motion

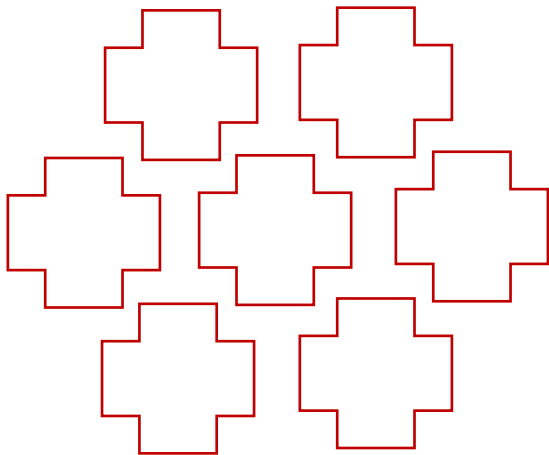


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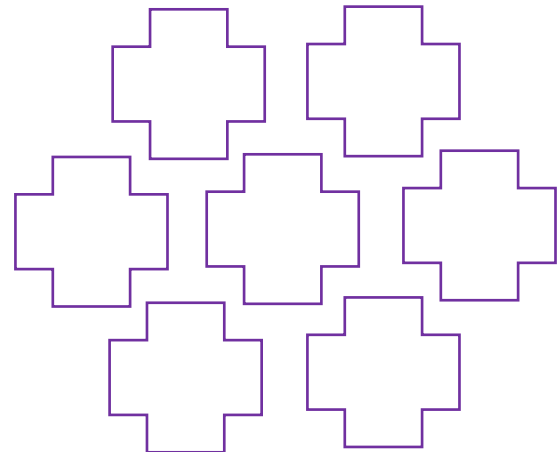
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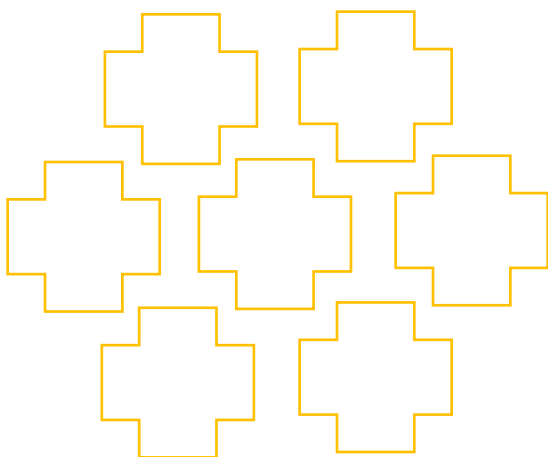
Gratitude



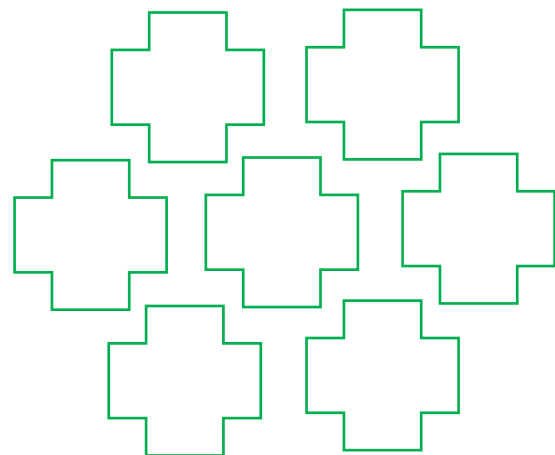
Safety



Relationship at eye level



Rest

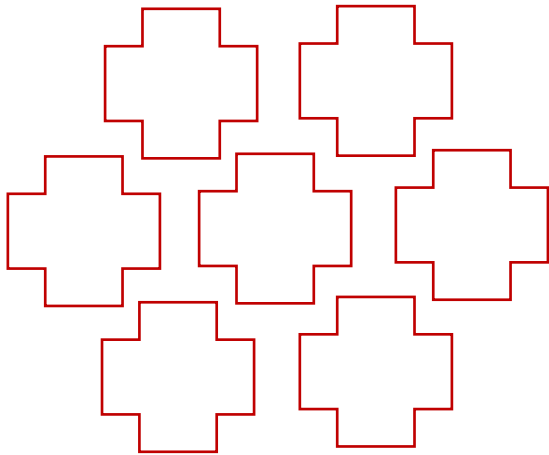


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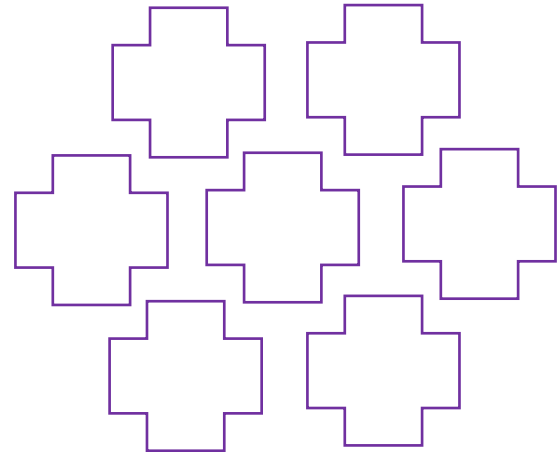
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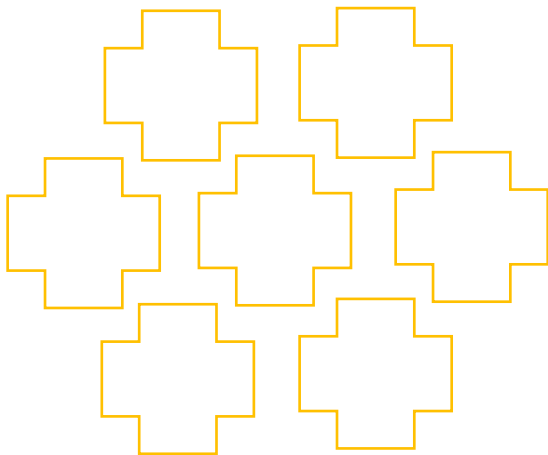
Equity



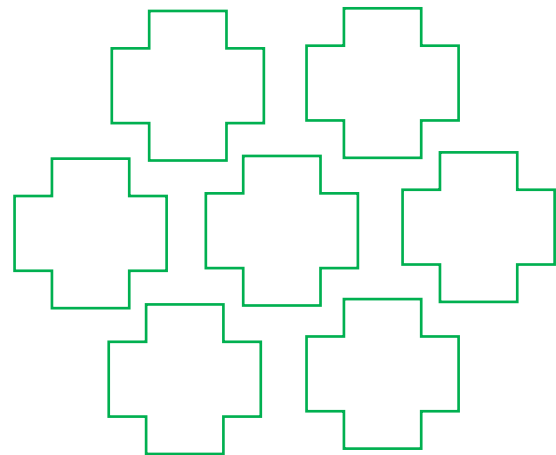
Clarity



Space



Compassion / Empathy

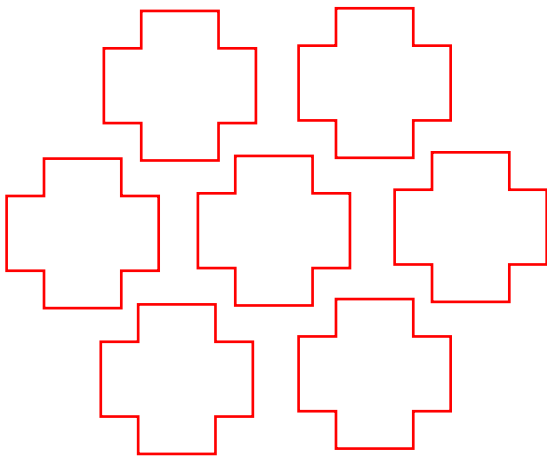


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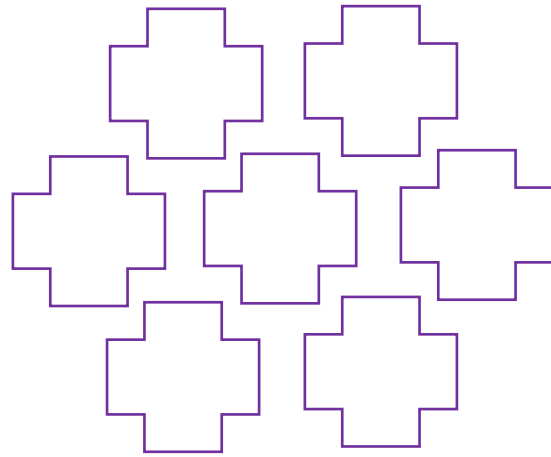
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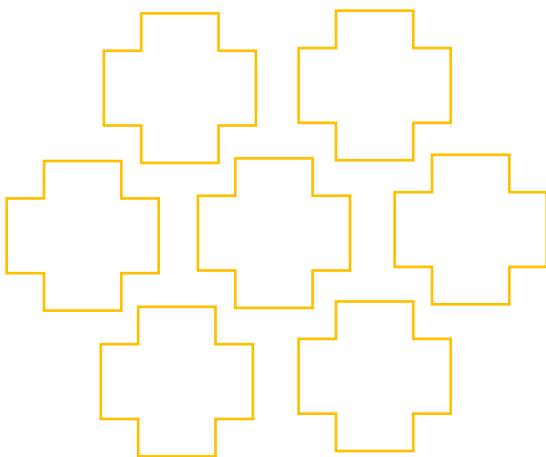
Friendship



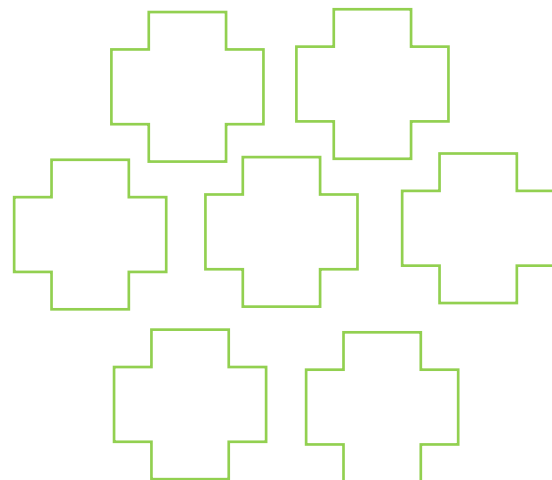
Contributing



Meaning



Intimacy



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Colour JF:

Autonomy/ freedom / self-determination	If you can decide for yourself what is good for you / what you want to do now	Gratitude	If you are happy and grateful about something
Respect	if someone listens to you / people care about you or your opinions	Safety	If you feel safe and comfortable
Belonging	if you feel belong to someone or to a group or somewhere	Relationship at eye level	If everyone takes responsibility for themselves and their actions and everyone respect each other
Fun	If people laugh and have joy with you	Rest	If you can be all alone for once / you can rest when you are tired
Friendship	If you have friends you can count on	Meaning	If what you are doing is meaningful to you
Appreciation	If others see how hard you try / appreciate what you have done	Equity	If everyone gets what is needed / you are treated equally
Experimenting / Discovering	If you can try out and investigate yourself/you can find things out for yourself	Clarity	If there are clear rules/Clarity about when you do what
Honesty	If you can trust that what someone has said is true	Space	If you can be for yourself / distance is kept/you can have your own space
Motion	If you do something to get your body moving/exercise	Compassion / Empathy	If someone understands how you feel
Contributing	If you can help others	Intimacy	If there are things you can keep to yourself



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