



**Mother Jai's Wellness**  
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**NEEDS ASSESSMENT**

Rate the needs listed below according to how they affect your life, behaviors, and decisions. 1=least influence, 5=most influence

<b>NEEDS</b>	<b>CIRCLE ONE</b>	<b>NEEDS</b>	<b>CIRCLE ONE</b>	<b>NEEDS</b>	<b>CIRCLE ONE</b>
Air	1 2 3 4 5	Expressing Individuality	1 2 3 4 5	To be known	1 2 3 4 5
Water	1 2 3 4 5	Creativity	1 2 3 4 5	To be seen	1 2 3 4 5
Food	1 2 3 4 5	Independence	1 2 3 4 5	To be understood	1 2 3 4 5
Shelter	1 2 3 4 5	Spiritual fulfillment	1 2 3 4 5	To understand	1 2 3 4 5
Security	1 2 3 4 5	Personal Achievement	1 2 3 4 5	To know	1 2 3 4 5
Wealth	1 2 3 4 5	Perfectionism	1 2 3 4 5	To see	1 2 3 4 5
Status/prestige	1 2 3 4 5	Not make mistakes	1 2 3 4 5	To matter	1 2 3 4 5
Power	1 2 3 4 5	Be correct	1 2 3 4 5	Self-purpose	1 2 3 4 5
Control	1 2 3 4 5	Be admired	1 2 3 4 5	Participation	1 2 3 4 5
Adventure	1 2 3 4 5	Get attention	1 2 3 4 5	Discovery	1 2 3 4 5
Stability	1 2 3 4 5	Not look foolish	1 2 3 4 5	Clarity	1 2 3 4 5
Order	1 2 3 4 5	Make others happy	1 2 3 4 5	Competence	1 2 3 4 5
Security	1 2 3 4 5	Have fun	1 2 3 4 5	Consciousness	1 2 3 4 5
Someone to rely on	1 2 3 4 5	Make people laugh	1 2 3 4 5	Personal Growth	1 2 3 4 5
Belonging	1 2 3 4 5	Be accepted by others	1 2 3 4 5	Sexual Expression	1 2 3 4 5
Love	1 2 3 4 5	Care for others	1 2 3 4 5	Effectiveness	1 2 3 4 5
Friendships	1 2 3 4 5	Support	1 2 3 4 5	Stimulation	1 2 3 4 5
Family	1 2 3 4 5	Self-Respect	1 2 3 4 5	To be challenged	1 2 3 4 5
Happiness	1 2 3 4 5	Warmth	1 2 3 4 5	To be intimate	1 2 3 4 5
Equality	1 2 3 4 5	Movement/Exercise	1 2 3 4 5	To be nurtured	1 2 3 4 5
Appreciation	1 2 3 4 5	Rest/Sleep	1 2 3 4 5	To nurture	1 2 3 4 5
Inclusion	1 2 3 4 5	Harmony	1 2 3 4 5	Cooperation	1 2 3 4 5
Respect	1 2 3 4 5	Inspiration	1 2 3 4 5	To be heard	1 2 3 4 5
Acceptance	1 2 3 4 5	Choice	1 2 3 4 5	Dignity	1 2 3 4 5
Trust	1 2 3 4 5	Freedom	1 2 3 4 5	Feeling Alive	1 2 3 4 5
Integrity	1 2 3 4 5	Spontaneity	1 2 3 4 5	Feeling Valued	1 2 3 4 5
Authenticity	1 2 3 4 5	Awareness	1 2 3 4 5	Interdependence	1 2 3 4 5



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