Discover Your Needs & Boundaries

Answer these questions without any editing. Allow yourself to connect with what you really want to say and what you think is ok

Take your time Begin by taking 3 deep breaths Continue to breathe between each question

How and when do I feel playful?			
What helps me feel playful and safe to be me?			
What gives me a sense of peace?			

Kai-Ashley

VibrantSuccess.Club

ow and when do I feel free?	
ow and when do I feel trapped?	
hen and how do I feel unheard?	
ow and when do I feel connected to myself?	
ow and when do I feel disconnected from myself?	

How and when do I feel connected to others?	
low and when do I feel disconnected from myself?	
It doesn't feel OK for me when (fill in the blank)	
t doesn't reer ok for me when (im in the blank)	
What do I need to feel safe?	
What is most important to me in my life and why?	
7ibrantSuccess.Club	Kai-Ash

What action	ilis iliake ili				
What action	ns make m	e feel loved	d/adored/	cherished?	
hink of ti	mas vau ha	va baan bu	rt by incore	scidorato a	stions list w
	mes you na				ctions – list w
hev were		they were I	NAT LIK TAF		
hey were	- and why	they were	not UK for	you.	
hey were		they were	not OK for	you.	
hey were		they were	not OK for	you.	
hey were		they were	not OK for		
hey were		they were	not OK for	you.	
hey were		they were	not OK for	you.	
hey were		they were	not OK for	you.	
hey were		they were		, ou.	
hey were		they were		, ou.	
hey were		they were		, ou.	
hey were		they were		, ou.	
hey were		they were		, ou.	
hey were		they were		, ou.	
hey were		they were			
hey were		they were			
hey were		they were			
hey were		they were			

VibrantSuccess.Club

Kai-Ashley

What are your needs?

Use your answers AND The List Of Needs provided from 'The Center of Non-Violent Communication'.

List Your Top 12 Needs

2	
£	
-	
1	

VibrantSuccess.Club

Kai-Ashley

Clarify your needs

Take each of your needs one at a time and fill out the below:	
I have a ne	ed for:
	ortant to me because:
I know this	need is not being met when:
T.	
And this m	akes me feel:
What are s	ome new ways that I can meet this need?
How can I	help my loved ones help me meet this need?
_	

Kai-Ashley

VibrantSuccess.Club