

Self care planner based on basic human needs

Need	How I currently fulfil	Ideas for how to better fulfil	Score 1 - 5
Emotional			
Physical			
Spiritual			
Sexual			
Financial			
Passion/ Purpose			
Intellectual			

What are 3 steps you can take to better fulfil your needs?

- 1.
- 2.
- 3.

Where are the top 3 areas that you need SUPPORT to fulfil your needs?

- 1.
- 2.
- 3.