

Steady Self Needs Check-In

Instructions: Reflect on your needs. Write one or two examples for each area that help you feel steady, supported, and well.

1

What helps me feel nourished in my body?

Food, water, sleep, movement, basic care

2

What helps me feel safe and settled?

Rest, routine, boundaries, calm spaces, support

3

What helps me feel loved and connected?

Relationships, belonging, faith community, encouragement

4

What helps me feel confident and capable?

Strengths, skills, praise, independence, healthy self-talk

5

What helps me keep growing with purpose?

Goals, values, faith, learning, meaningful work



- 5. Growth & Purpose
- 4. Confidence & Esteem
- 3. Love & Belonging
- 2. Safety & Rest
- 1. Physical Needs

Maslow's hierarchy helps us see that needs build on one another. When needs are supported, steadiness becomes easier.

Which need level feels strongest for me right now?

Which need level may need more care?
