



Spiritual Living Group

BASIC NEEDS INVENTORY

This list will help you create a picture of your lifestyle. Check off the needs you are meeting regularly.

1. ___ Do you usually get six to eight hours of sleep every day?
2. ___ Do you eat something fresh and unprocessed every day?
3. ___ Do you allow time in your week to touch nature, no matter how briefly?
4. ___ Do you get enough sunlight, especially in the wintertime?
5. ___ Do you drink enough water?
6. ___ *Females:* Do you see your gynecologist [or the equivalent] at least once a year?
7. ___ Do you see a dentist every six months?
8. ___ Do you know enough about your body and health needs?
9. ___ Do you get regular sexual thrills?
10. ___ Do you feel you get enough fun exercise?
11. ___ Are you hugged and touched amply?
12. ___ Do you make time for friendship?
13. ___ Do you nurture your friendships?
14. ___ Do you have friends you can call when you are down, friends who really listen?
15. ___ Can you honestly ask for help when you need it?
16. ___ Do you regularly release your negative emotions?
17. ___ Do you forgive yourself when you make a mistake?
18. ___ Do you do things that give you a sense of fulfillment, joy, and purpose?
19. ___ Is there abundant beauty in your life? Do you allow yourself to see beauty and to bring beauty into your home and office?
20. ___ Do you make time for solitude?
21. ___ Are you getting daily or weekly spiritual nourishment?
22. ___ Can you remember the last time you laughed until you cried?
23. ___ Do you ever accept yourself for who you are?

These questions are not meant to make you feel bad or guilt. They are meant only as kind reminders to help you see how you are currently caring for yourself.