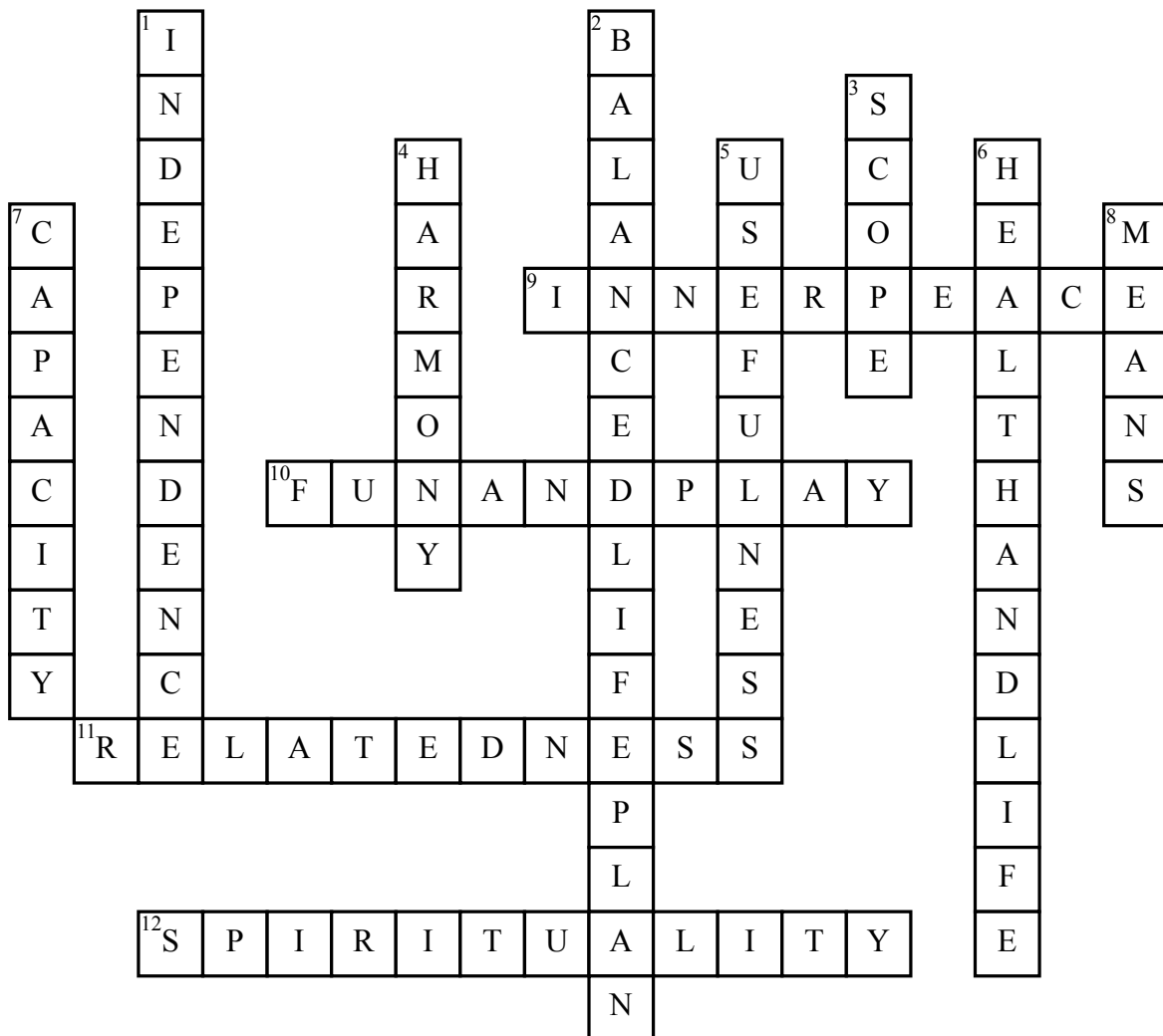


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Primary Needs



## Across

**9.** A healthy way to meet this need is through meditation. An unhealthy way to meet this need is through drug and alcohol use.

**10.** I can meet this primary need by engaging in leisure activities.

**11.** Primary need about feeling connected to others.

**12.** Going to church is one way to meet this primary need.

## Down

**1.** When I live by my values, I meet the need of \_\_\_\_\_.

**2.** A way to ensure you meet all of the needs in a health way is to create a \_\_\_\_\_.

**3.** A Balanced Life Plan should include \_\_\_\_\_, which means that all of the needs are included in your plan.

**4.** A Balanced Life Plan should include \_\_\_\_\_, which means that the way you meet the needs are compatible with one another.

**5.** Going to work and doing a good job helps me meet the need of \_\_\_\_\_.

**6.** Which primary need is about food, clothing, and shelter?

**7.** The ability to follow through on the Balanced Life Plan that you have created.

**8.** It is important to ensure you have the \_\_\_\_\_ to successfully implement your Balanced Life Plan.