

Psychological Needs Exercise

Some of our deepest needs are met through our work. We may work to meet the needs that we have for recognition, financial remuneration, status, leading or serving mastery, to gain approval, to belong, to achieve status and prestige or to serve. This exercise helps you with reflection on your jobs to determine how your work environment may have failed to meet some of your psychological needs. Awareness here allows you to remain mindful of what you might want to have in your career going forward.

Check those needs that have **not** been met by your job.

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| <input type="checkbox"/> To Achieve | <input type="checkbox"/> To Belong | <input type="checkbox"/> To Give Me Identity |
| <input type="checkbox"/> To Be Alone | <input type="checkbox"/> To Build | <input type="checkbox"/> To Give Me Status |
| <input type="checkbox"/> To Be Competent | <input type="checkbox"/> To Compete | <input type="checkbox"/> To Influence |
| <input type="checkbox"/> To Be Dependent | <input type="checkbox"/> To Cooperate | <input type="checkbox"/> To Lead |
| <input type="checkbox"/> To Be Independent | <input type="checkbox"/> To Create | <input type="checkbox"/> To Participate |
| <input type="checkbox"/> To Be Responsible | <input type="checkbox"/> To Earn A Living | <input type="checkbox"/> To Reduce Boredom |
| <input type="checkbox"/> To Be Sociable | <input type="checkbox"/> To Experience Variety | <input type="checkbox"/> To Structure My Life |
| <input type="checkbox"/> To Be Useful | <input type="checkbox"/> To Follow | <input type="checkbox"/> To Succeed |
| <input type="checkbox"/> To Be With People | <input type="checkbox"/> To Gain Approval | <input type="checkbox"/> To Work Hard |