

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. This exercise helps you with reflecting on your experiences to determine how your work environment may have failed to meet some of your 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 Build | <input type="checkbox"/> To Influence |
| <input type="checkbox"/> To Be Recognized | <input type="checkbox"/> To Compete | <input type="checkbox"/> To Lead |
| <input type="checkbox"/> To Be Competent | <input type="checkbox"/> To Cooperate | <input type="checkbox"/> To Participate |
| <input type="checkbox"/> To Be Dependent | <input type="checkbox"/> To Create | <input type="checkbox"/> To Stay Busy |
| <input type="checkbox"/> To Be Independent | <input type="checkbox"/> To Earn A Living | <input type="checkbox"/> To Have Structure |
| <input type="checkbox"/> To Be Responsible | <input type="checkbox"/> To Experience Variety | <input type="checkbox"/> To Succeed |
| <input type="checkbox"/> To Be Sociable | <input type="checkbox"/> To Follow | <input type="checkbox"/> To Work Hard |
| <input type="checkbox"/> To Be Useful | <input type="checkbox"/> To Gain Approval | <input type="checkbox"/> To Be In Charge |
| <input type="checkbox"/> To Be With People | <input type="checkbox"/> To Give Me Identity | <input type="checkbox"/> To Mentor |
| <input type="checkbox"/> To Belong | <input type="checkbox"/> To Gain Status | <input type="checkbox"/> To Design |