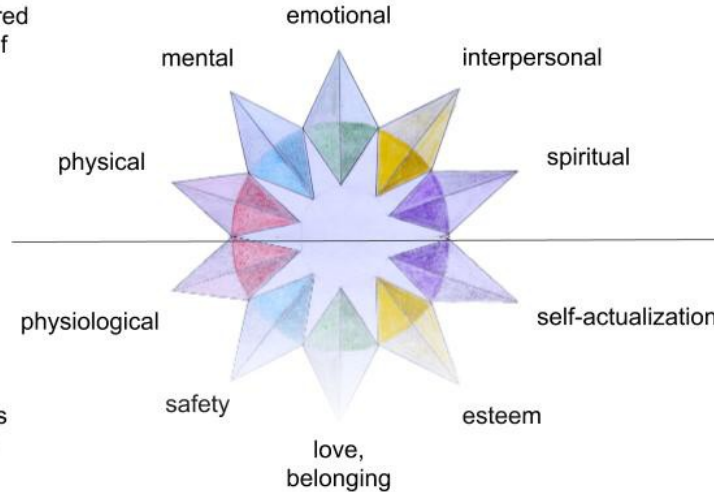


Needs and Values Elicitation Form

What are your desired outcomes in each of these 5 contexts?



When your desired outcomes are in alignment with your needs and values on each level, you access your potential to generate fulfilling results in all contexts.

What are your needs and values on each of these 5 levels?

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By completing the Needs and Values Elicitation Form, you will gain a better understanding about how your current thoughts, feelings and behaviour patterns play a role in the present state of your life, including the results that you are experiencing. You will also gain clarity about what is important to you, what your authentic capabilities are, and how these can help you to achieve and sustain greater levels of fulfilment in the different areas of your life.

How the Needs and Values Elicitation Form works:

1. The form is designed to elicit your current dominant needs and values on 5 levels – 1. physiological, 2. safety, 3. love and belonging, 4. esteem, 5. self-actualization.
2. The form includes a 'Needs and Values Fulfillment Scale' to help you identify your present levels of satisfaction in terms of fulfilling your needs and values on all 5 levels.
3. The form also elicits your desired outcomes in each of the five contexts – 1. physical, 2. mental, 3. emotional, 4. interpersonal, 5. spiritual.
4. Ultimately, the form elicits your core values for life - represented by the alignment of your desired outcomes in all 5 contexts with your needs and values on all 5 levels. This can serve to propel your life forward with an enhanced sense of meaning and purpose.

To complete the form, follow the steps and guidelines on the following pages

Step 1 - Physical

Write down your main physiological needs. These typically include taking optimal care of the body's basic needs and its requirements for optimal performance, e.g., water, nutrition, sleep, rest, shelter, space/environment, movement/exercise, physical health, wellness, energy, vitality, etc.

From the list above, select your dominant need on the physiological level at this stage in your life. Your dominant need is the one that currently occupies most of your attention, time and energy.

Needs and Values Fulfillment Scale: On a scale from 1 - 10, rate your current level of satisfaction in terms of fulfilling your dominant need from above, with 1 being totally unfulfilled and 10 being completely fulfilled.

Write down your desired outcome(s) in the physical context. This may be to increase your level of fulfilment of the dominant need from above, or it may be to accomplish a different outcome in relation to your body and/or your physical environment. Ensure that your outcome is expressed in terms of how you would like it to be (as opposed to what you want to avoid).

Step 2 - Mental

Write down your main safety, security and mental state needs (not be confused with mental/cognitive values - which come in at Step 5). Consider the mental state, or knowledge, or abilities that you think you need in order to feel safe and secure in your livelihood and/or your occupation. Examples may include mental performance/skills, stress management, psychological resilience, or the necessity of strategic/critical thinking in order to cope with complex issues. Other typical needs on this level include personal security, emotional security, financial security, mental health and well-being, attention, concentration, memory, etc.

From the list above, select your dominant need on the safety, security and mental state level at this stage

in your life. Your dominant need is the one that currently occupies most of your attention, time and energy.

Needs and Values Fulfillment Scale: On a scale from 1 - 10, rate your current level of satisfaction in terms of fulfilling your dominant need from above, with 1 being totally unfulfilled and 10 being completely fulfilled.

Write down your desired outcome(s) in the mental/mind context. This may be to increase your level of fulfilment of the dominant need from above, or it may be to accomplish a different outcome in relation to your mental state. Ensure that your outcome is expressed in terms of how you would like it to be (as opposed to what you want to avoid).

Step 3 - Emotional

Write down your main love, belonging and emotional needs. Needs on this level may also include emotion regulation, emotional freedom, emotional intelligence, or taking care of issues like overwhelming emotions, negative emotional reactions, or lack of emotional engagement, disconnection from emotions, family disharmony, friendship or intimacy challenges, commitment issues, etc.

From the list above, select your dominant need on the love, belonging and emotional needs level at this stage in your life. Your dominant need is the one that currently occupies most of your attention, time and energy.

Needs and Values Fulfillment Scale: On a scale from 1 - 10, rate your current level of satisfaction in terms of fulfilling your dominant need from above, with 1 being totally unfulfilled and 10 being completely fulfilled.

Write down your desired outcome(s) in the emotional context. This may be to increase your level of

fulfilment of the dominant need from above, or it may be to accomplish a different outcome in relation to your emotional needs. Ensure that your outcome is expressed in terms of how you would like it to be (as opposed to what you want to avoid).

Step 4 - Interpersonal

Write down your main interpersonal and esteem needs and/or values. Common values on this level typically include trustworthy and fulfilling relationships, companionship and a sense of closeness or connection to others. Needs on this level frequently involve resolving issues like low confidence, relationship conflicts, acceptance issues (regarding self or others), work or social group concerns, respect and/or recognition issues, communication problems, inferiority complexes, people pleasing behaviours, difficulties in connecting with people, discomfort being alone, independence issues, limited ability to empathize or feel compassion (toward oneself or others), etc.

From the list above, select your dominant need or value on the interpersonal and esteem level at this stage in your life. Your dominant need is the one that currently occupies most of your attention, time and energy.

Needs and Values Fulfillment Scale: On a scale from 1 - 10, rate your current level of satisfaction in terms of fulfilling your dominant need from above, with 1 being totally unfulfilled and 10 being completely fulfilled.

Write down your desired outcome(s) in the interpersonal context. This may be to increase your level of fulfilment of the dominant need from above, or it may be to accomplish a different outcome in relation to your interpersonal or esteem needs/values. Ensure that your outcome is expressed in terms of how you would like it to be (as opposed to what you want to avoid).

Step 5 - Spiritual

Write down your main self actualization or spiritual needs and values. Values on this level range from cognitive values (e.g. acquiring knowledge, understanding and meaning), to aesthetic values (e.g. bringing about beauty, balance and form), to self-actualization values (e.g. manifesting peak experiences and realizing one's true potential) and transcendence values (e.g. cultivating altruism and integrating transpersonal/spiritual perspectives into one's life). Needs can also arise on this level. These typically include a loss of meaning in life, lack of purpose, existential issues, spiritual awakening/crisis, making sense of changes in perspective, integrating significant life experiences, etc.

From the list above, select your dominant need or value on the self actualization or spiritual level at this stage in your life. Your dominant need or value is the one that currently occupies most of your attention, time and energy.

Needs and Values Fulfillment Scale: On a scale from 1 - 10, rate your current level of satisfaction in terms of fulfilling your dominant need or value from above, with 1 being totally unfulfilled and 10 being completely fulfilled.

Write down your desired outcome(s) in the self actualization or spiritual context. This may be to increase your level of fulfilment of the dominant need from above, or it may be to accomplish a different outcome in relation to your self actualization or spiritual needs/values. Ensure that your outcome is expressed in terms of how you would like it to be (as opposed to what you want to avoid).

Step 6 - Bringing it all together

Look over what you have written above and reflect on your dominant needs and values on each level, as well as your desired outcomes in all 5 contexts.

Imagine.... If you were to accomplish your desired outcomes in all 5 contexts and thereby completely fulfil each level's dominant needs and values.... what would this overall outcome look and feel like for you?

Write down your answer to the above question in 2 to 4 sentences.

Allow yourself to be inspired and energized by what you have written above. This represents the fulfilment of your core value(s) in life. Let yourself be guided by this and start now by taking your next step toward accomplishing your overall outcome.

If you have completed the Needs and Values Elicitation Form in order to commence the [ASE Integrative Coaching Program](#) - email your completed form to your selected [ASE Facilitator or Transpersonal Coach](#)

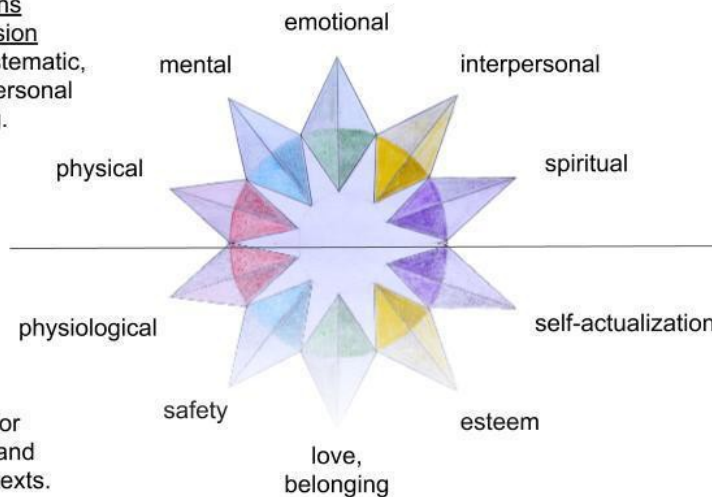
ASE Integrative Coaching Program

(ASE - Authentic Self Empowerment)

5 contexts in 5 sessions
plus 1 integration session

A comprehensive, systematic, holistic approach to personal growth and flourishing.

Maslow's Hierarchy of Needs
Fundamental criteria for optimal development and prosperity in all 5 contexts.



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The methods used in the [ASE Integrative Coaching Program](#) are based on well established principles in psychology including applied transformative practices for harnessing your full potential in all contexts.

With the professional guidance and support of a Licenced ASE Facilitator/Coach, you can empower yourself in the five main contexts that underpin the way in which you experience yourself and your life – physically, mentally, emotionally, interpersonally and spiritually. By addressing these five domains systematically, you can create a synergistic energy to propel your life forward.

In [six sessions](#) – one per week – you can take care of the main issues and challenges on each level, establishing wiser and more resourceful responses in all situations, while tapping into your deeper sources of knowledge, creativity, energy and motivation to achieve your desired outcome in each context.