

A GUIDE TO DISCOVERING YOUR TRUE NEEDS

Understanding ourselves deeply is the cornerstone of personal growth and resilience. Discovering your true needs is not just about identifying what makes you comfortable but also understanding what fulfils and motivates you. This self-knowledge is crucial because it enables you to set effective boundaries and develop self-awareness, which are essential for initiating positive change in your life.

By reflecting on specific questions, you can begin to map out your needs and how they influence your daily decisions and interactions. This guide offers a set of reflective questions designed to help you uncover these insights and encourage a more mindful approach to how you live and interact with others.

- What activities make you lose track of time?
 - Reflect on the moments when you become so engrossed in an activity that time seems to disappear. What are these activities, and what do they tell you about your passions and priorities?

- When do you feel most resentful or frustrated?
 - Consider the times when you feel strong negative emotions. What specific situations or expectations lead to these feelings? Identifying these can highlight what feels misaligned in your life.

A GUIDE TO DISCOVERING YOUR TRUE NEEDS

- Who in your life energises you, and who drains you?
 - Relationships play a crucial role in shaping our emotional landscape. Reflecting on who uplifts you and who weighs you down can help you understand your social needs and boundaries better.

The journey to self-discovery is ongoing and evolves with every new experience and insight. The answers to these questions provide a snapshot of your current state and reveal the deeper desires and needs that drive your behaviour.

By regularly revisiting these questions, you can maintain an acute awareness of your evolving needs, helping you to make more informed decisions that align with your true self.

This process not only enhances your self-awareness but also empowers you to establish boundaries that honor your wellbeing. As you grow in this understanding, you'll find it easier to implement changes that positively impact your life and relationships.



Est. 2023

For more information



www.growthllt.com



07915 431739



info@growthllt.com



@growthllt



@growthllt0



@growthlifelearningtoolkit