

NO WOE

WORKSHEET

Balancing Your Needs and What is Expected of You

An important step in achieving better balance in your life is being able to identify; your needs, what others expect of you, your wants, and your obligations.

Answer the following as they fit the current situation:



Your **N**EEDS: What is most important to you in this situation? These are those things that you need to take care of yourself (physically and emotionally). Safety and respect would be high on a needs list.



Your **O**BLIGATIONS: Those things you are required to do.



WANTS: What would you like to get out of this, or see happen.

What do others involved want?



OTHERS **E**XPECTATIONS: What are others expecting of you? Is the expectation justified (Obligation)?

Try to find a balance: Can you help another fill their wants and expectations, without sacrificing a need or obligation?

How many of your own wishes will you have to give up? Is it too great a sacrifice? Is there a compromise so there is NO WOE?