

*I am*  
**Needy  
By Design**

**What do you need every seven days in order to function the way God designed you to?**

For each of the six pillars, list 4-6 things you need every week to be at your best, fullest state. **Then, select just 1 or 2 that are the most critical.**

Revisit this process as often as necessary to make needed adjustments that align with your current season of life.

PHYSICALLY

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Every 7 days, I need...

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to be at my best **physically.**

SPIRITUALLY

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Every 7 days, I need...

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to be at my best **spiritually.**

EMOTIONALLY

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Every 7 days, I need...

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to be at my best **emotionally.**

RELATIONALLY

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Every 7 days, I need...

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to be at my best **relationally.**

PROFESSIONALLY

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Every 7 days, I need...

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to be at my best **professionally.**

FINANCIALLY

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Every 7 days, I need...

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to be at my best **financially.**

**"Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it.**

PSALM 139:14