

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.

I am **Needy** Physically



Now pick 1 or 2 that is most critical.

Every 7 days, I need...

to be at my best physically.

I am **Needy** Spiritually



Now pick 1 or 2 that is most critical.

Every 7 days, I need...

to be at my best spiritually.

I am **Needy** Emotionally



Now pick 1 or 2 that is most critical.

Every 7 days, I need...

to be at my best emotionally.

I am **Needy** **Relationally**



Now pick 1 or 2 that is most critical.

Every 7 days, I need...

to be at my best relationally.

I am **Needy** **Professionally**



Now pick 1 or 2 that is most critical.

Every 7 days, I need...

to be at my best professionally.

I am **Needy** Financially



Now pick 1 or 2 that is most critical.

Every 7 days, I need...

to be at my best financially.

I am
**Needy By
Design**

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

PSALM 139:14

