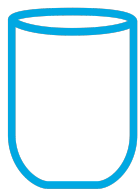


CLEAR THE AIR

Balance of Needs: Are my needs currently met?

When we are very busy, we easily lose touch with our needs – and only remember them again when they become painfully apparent. Checking the level of one’s needs regularly can be a pragmatic way to keep some overview of one’s overall health. This overview and the feelings and insights that come with it can also be the basis for a more in-depth team check-in.



Connectedness



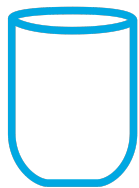
Appreciation



Support



Calmness



Development



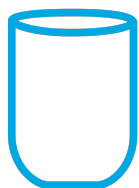
Harmony



Being understood



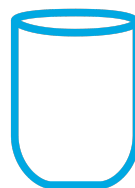
Meaning



Creativity



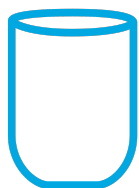
Self-determination



Belonging



Safety



Effectiveness



Cooperation

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