



7 Day Needs Journal

journaling template

by Rachel Havekost

7 Days of identifying your
needs and developing skills to
meet your own needs or ask for
support in meeting them.



NEEDS journaling template

CONTENTS

page 3
How to Use this Journal

page 4
Example Journal

pages 5-19
Blank Templates

page 20
Example Needs & Action Ideas

page 21
Feelings Wheel

NEEDS JOURNAL

How to Use this Journal

In this template, you will identify your needs each morning.

Every morning, you will start by identifying your current emotions (1-3 is usually great!)

Based on your feelings, you will then ask yourself, "what do I need?" You will write down 1-3 needs you might have based on your emotions.

For example, if you feel lonely, a need you might have is connection!

You will then create your OWN list of action items for each need. An action item for connection might be calling a friend, or going to a public park where you can be in the presence of other humans!

If your action items include affirmations, mantras, or any writing, you'll do so in your daily journal.

EXAMPLE JOURNAL

What am I feeling?

Sad, Anxious, Lonely

What do I need to change, support, or embody this emotion?

Connection, Love, Belonging

How do I get these needs met?

Connection:

Find public spaces with other humans

Talk to friends/people

Get into nature

Talk to myself in the mirror

Love:

Affirmations

Talk to someone who I loves and loves me

Loving Kindness meditation

Random act of love

Belonging:

Affirmations

Learn someones name at my local cafe or grocery store

Connect with my spirit guides/universe (tarot)

Action Items: If any of the above include written work, do so on the next page. If not, make a list of some action items discovered above I can commit to doing today!

EXAMPLE JOURNAL

Written Work

Affirmations: Love & Belonging

I am love

Love flows from me and to me

I love all beings

When I love others, I receive love in return

I belong

I am always home

My body is my home

I belong on this planet

I am here for a reason

My existence matters

Action Items

- Call mom
- Work in a cafe for a couple hours (and learn the barista's name!)
- Go to the beach and put my toes in the sand
- Put a friendly post-it under my neighbor's door

Bonus: Make a Daily Mantra around your needs!

I belong on this planet, and I am infinitely connected.

Day One

date:

What am I feeling?

What do I need to change, support, or embody this emotion?

How do I get these needs met?

Action Items: If any of the above include written work, do so on the next page. If not, make a list of some action items discovered above I can commit to doing today!

Day One

date:

Written Work

Action Items

Bonus: Make a Daily Mantra around your needs!

Day Two

date:

What am I feeling?

What do I need to change, support, or embody this emotion?

How do I get these needs met?

Action Items: If any of the above include written work, do so on the next page. If not, make a list of some action items discovered above I can commit to doing today!

Day Two

date:

Written Work

Action Items

Bonus: Make a Daily Mantra around your needs!

Day Three

date:

What am I feeling?

What do I need to change, support, or embody this emotion?

How do I get these needs met?

Action Items: If any of the above include written work, do so on the next page. If not, make a list of some action items discovered above I can commit to doing today!

Day Four

date:

Written Work

Action Items

Bonus: Make a Daily Mantra around your needs!

Day Four

date:

What am I feeling?

What do I need to change, support, or embody this emotion?

How do I get these needs met?

Action Items: If any of the above include written work, do so on the next page. If not, make a list of some action items discovered above I can commit to doing today!

Day Four

date:

Written Work

Action Items

Bonus: Make a Daily Mantra around your needs!

Day Five

date:

What am I feeling?

What do I need to change, support, or embody this emotion?

How do I get these needs met?

Action Items: If any of the above include written work, do so on the next page. If not, make a list of some action items discovered above I can commit to doing today!

Day Five

date:

Written Work

Action Items

Bonus: Make a Daily Mantra around your needs!

Day Six

date:

What am I feeling?

What do I need to change, support, or embody this emotion?

How do I get these needs met?

Action Items: If any of the above include written work, do so on the next page. If not, make a list of some action items discovered above I can commit to doing today!

Day Six

date:

Written Work

Action Items

Bonus: Make a Daily Mantra around your needs!

Day Seven

date:

What am I feeling?

What do I need to change, support, or embody this emotion?

How do I get these needs met?

Action Items: If any of the above include written work, do so on the next page. If not, make a list of some action items discovered above I can commit to doing today!

Day Seven

date:

Written Work

Action Items

Bonus: Make a Daily Mantra around your needs!

Example Needs & Action Ideas

Note: the action ideas do not correlate with the adjacent need. It is simply a list of ideas to help you if you're stuck!

Example Needs

Connection

Belonging

Love

Peace

Joy

Freedom

Peace

Relaxation

Privacy

Respect

Rest

Inspiration

Purpose

Calm

Reassurance

Support

Independence

Action Ideas

Affirmations/Mantras

Meditation/Prayer

Nature

Call a loved one

Movement/Dance/Fitness

Mindfulness

Writing

Cancel plans

Set a new goal

Alone time

Go to a public space

Creative project

Sing

Spiritual practice

Values exercise

Play a game

Write a letter to self or other

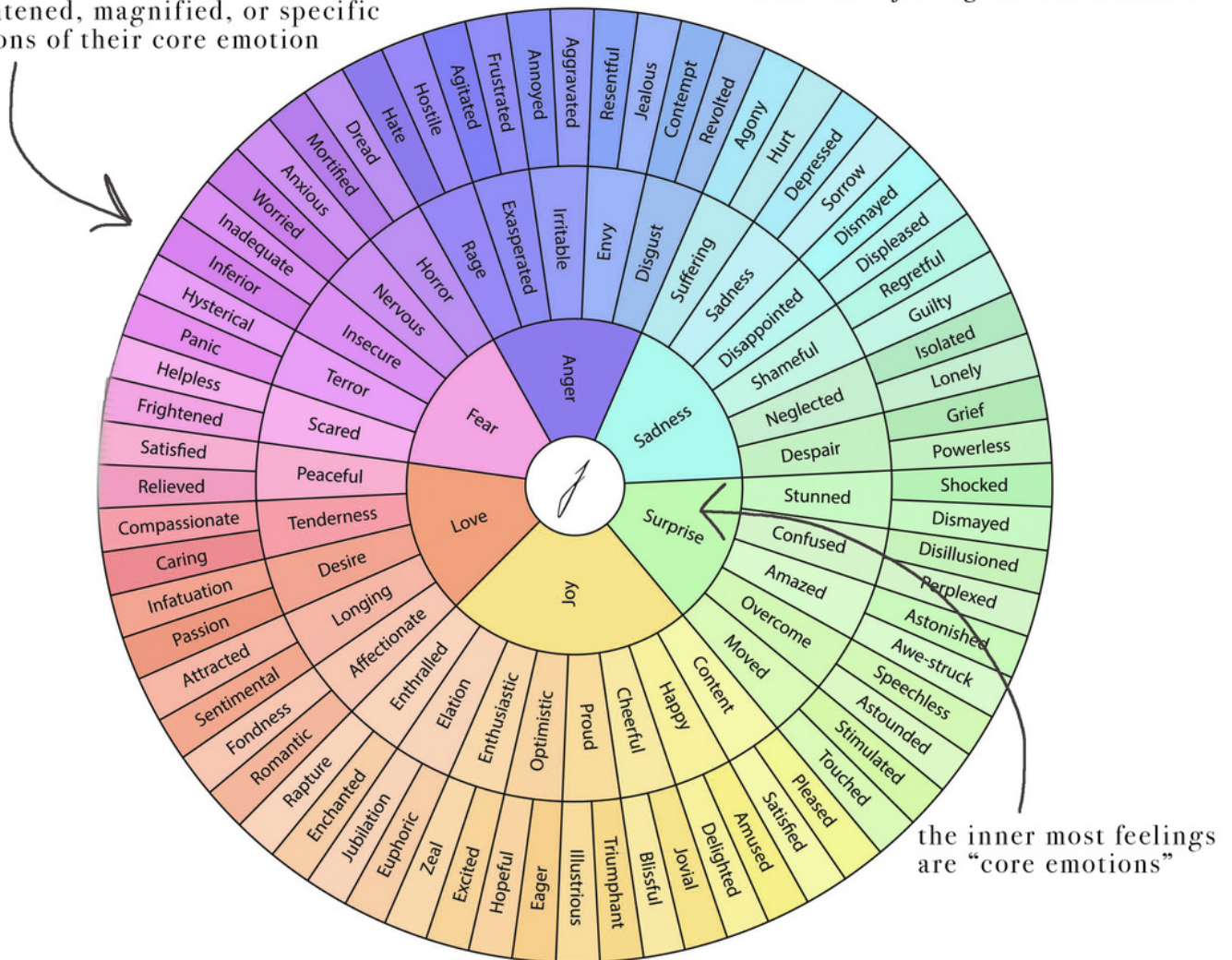
FEELINGS WHEEL

*use this feelings wheel to
identify your emotions*

ASK YOURSELF:

“what am I feeling, in this moment?”

the outer most feelings are heightened, magnified, or specific versions of their core emotion



once you've identified your feelings,
you can trace each emotion back
to a "core" emotion