



# Strengths & Needs on the Pie™

If you've already done the Balance Pie™, you don't need to do this worksheet. You can identify the strengths and needs associated with each activity directly on your Balance Pie™.

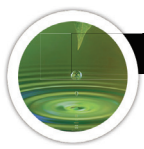
If you haven't done the Balance Module yet, that's okay. These are the same activities listed on the Balance Pie™ Worksheet, but you can write your strengths and needs right here. Start by identifying the main activities you spend time doing each week, and then write a strength you utilize in that activity and a need that activity fulfills in your life.

## WEEKLY ACTIVITIES

## STRENGTHS I USE

## NEEDS IT FULFILLS

<input type="checkbox"/> Family time		
<input type="checkbox"/> Kids' activities		
<input type="checkbox"/> Work		
<input type="checkbox"/> Driving		
<input type="checkbox"/> Treatment		
<input type="checkbox"/> Chores/errands		
<input type="checkbox"/> Leisure time		
<input type="checkbox"/> Exercise		
<input type="checkbox"/> Television		
<input type="checkbox"/> Romance		
<input type="checkbox"/> Reading		
<input type="checkbox"/> Spiritual practice		
<input type="checkbox"/> Social networking		
<input type="checkbox"/> Time with friends		
<input type="checkbox"/> Talking on the phone		
<input type="checkbox"/> Quiet/contemplative time		
<input type="checkbox"/> Hobbies		
<input type="checkbox"/> Volunteering		
<input type="checkbox"/> _____		
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## TOOL EXAMPLE

# Strengths & Needs on the Pie™

### WEEKLY ACTIVITIES

- ☒ Family time
- ☒ Kids' activities
- ☒ Work
- ☒ Driving
- ☒ Medical Treatment
- ☒ Chores/errands
- ☒ Leisure time
- ☒ Exercise
- ☐ Television
- ☐ Romance
- ☒ Reading
- ☒ Spiritual practice
- ☒ Social networking
- ☒ Time with friends
- ☒ Talking on the phone
- ☒ Quiet/contemplative time
- ☒ Hobbies
- ☐ Volunteering
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### STRENGTHS I USE

*Being loving*

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*Organization, patience*

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*Creativity*

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*Even Temper*

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*Courage*

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*Patience*

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*Sense of humor*

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*Discipline*

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*Love of learning*

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*Openness*

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*Kindness*

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*Honesty, Humor*

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*Interpersonal skills*

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*Mental clarity*

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*Creativity*

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### NEEDS IT FULFILLS

*Love, purpose*

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*Feeling like a good mom*

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*Independence*

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*Support my family*

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*Taking care of myself*

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*Support my family*

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*Fun*

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*Self-Care*

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*Relaxation*

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*Spirit-Connection*

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*Social connection*

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*Social connection, love*

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*Social connection*

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*Self-Care*

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*Creativity*

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