WORKSHEET **Her Needs Check**

Once a week, check each gauge. Tick where the needle sits, then choose one small refill for the lowest one.

Sleep: ☐ Empty ☐ Low ☐ OK ☐ Full

Food: ☐ Empty ☐ Low ☐ OK ☐ Full

Movement: ☐ Empty ☐ Low ☐ OK ☐ Full

Quiet: ☐ Empty ☐ Low ☐ OK ☐ Full

Connection: ☐ Empty ☐ Low ☐ OK ☐ Full

Fun: ☐ Empty ☐ Low ☐ OK ☐ Full

Help: ☐ Empty ☐ Low ☐ OK ☐ Full

My lowest gauge this week: _____

One small refill I'll give her this week: _____

Someone I could ask for help, and what I'll ask: _____

My three default dinners: _____

What I can reduce, postpone or share this week: _____

The checkup I've been putting off, and the date I'll call: _____

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