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# Needy By Design

**A  
7-DAY  
SURVIVAL  
GUIDE**

**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**