



NeedLess Program

It is possible to have all of your needs permanently met. Now, that might make your life just a bit too effortless, but we hear that people find some rewarding way to fill up the time that is freed up when not chasing needs.

This three step program is designed to be used in conjunction with a Professional Coach. But you can start the process by completing the steps outlined here.

It takes most people about a year to reach the 25-point level for all four needs. Have it be a great time in your life. You needn't suffer as you get your needs fully satisfied.

Purpose of the Program

The purpose of the NeedLess process is to help you:

- Identify what your Personal Needs are
- Understand how to get your Personal Needs met
- Design an effective system to have them vanish

What Are Personal Needs?

Personal needs (versus body needs such as water, food, shelter and love) are those things we must have in order to be our best. One can get through life fairly well not having these needs met, but for an effortless, rewarding and successful life, personal needs must be identified, addressed and handled.

Many of us spend our lives trying (consciously or not) to get these needs met. At best, we treat the symptoms or get temporary relief from them. This is for two reasons: Most of us assume these needs will "always be with us" and that's "just the way we are." This is not true.

It does take a special technology to handle personal needs once-and-for-all. We call that the NeedLess process. Your Professional Coach can assist you to more fully understand the dynamic of needs and the steps to have them vanish.

Progress Chart

Date	Points (+/-)	Score

NeedLess Program 100-Point Checklist

Top Four Needs				
#	1	2	3	4
25				
24				
23				
22				
21				
20				
19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

Give yourself credit as you get points from the 100-point program. Fill in columns from the bottom up.

Instructions

Please read these instructions twice. We have condensed what was a five page instruction sheet into a single page, so read carefully and let the subtleties show themselves.

STEP 1: SELECT 10 NEEDS

Read the list of 200 needs and circle approximately 10 that resonate as a need for you. You are looking for a NEED -- not a want, a should, a fantasy or a wish. A need is a MUST for you to BE YOUR BEST. Part of the first step is to TELL THE TRUTH about what you ACTUALLY NEED. This may be the first time you have ever admitted this to yourself. Some of these you will know innately. Others require some straight looking. PLEASE be willing to "try on" words you might normally skip over. These may be hidden needs. If so, you may have one or more of the following reactions:

- No, no, no; I don't want THAT to be a need
- You can't get to the next word quickly enough
- If that were true, I'd have to change my life a lot!
- Flush, blush or shake when reading the word

Got the idea? Good. Now circle the 10 words that you believe to be personal needs. Ask yourself: "If I had this, would I be able to reach my goals and vision without effort?" (work yes, struggle no)

STEP 2: NARROW YOUR NEEDS TO 4

We all need a little of everything listed on this page. But we want you to pick the four personal needs from the ones you circled. You may wish to compare each of your 10 with each other and ask yourself "Now, do I need X or Y? Which ones could I live well without? Which ones, when met, make the other ones not too important?" Choose your four personal needs and write them in the Top Four Needs Chart.

BE ACCEPTED	Approved Be popular Tolerated	Be included Sanctioned	Respected Cool	Permitted Allowed
TO ACCOMPLISH	Achieve Profit Victory	Fulfill Attain	Realize Yield	Reach Consummate
BE ACKNOWLEDGED	Be worthy Complimented Thanked	Be praised Be prized	Honored Appreciated	Flattered Valued
BE LOVED	Liked Be desired Be touched	Cherished Be preferred	Esteemed Be relished	Held fondly Be adored
BE RIGHT	Correct Be deferred to Be encouraged	Not mistaken Be confirmed Understood	Honest Be advocated	Morally right

BE CARED FOR	Get attention Be attended to Embraced	Be helped Be treasured	Cared about Tenderness	Be saved Get gifts
CERTAINTY	Clarity Guarantees Precision	Accuracy Promises	Assurance Commitments	Obviousness Exactness
BE COMFORTABLE	Luxury Indulgence Served	Opulence Abundance	Excess Not work	Prosperity Taken care of
TO COMMUNICATE	Be heard Share Informed	Gossip Talk	Tell stories Be listened to	Make a point Comment
TO CONTROL	Dictate to Correct others Restrict	Command Be obeyed	Restrain Not ignored	Manage Keep status quo
BE NEEDED	Improve others Be craved Be important	Be a critical link Please others Be material	Affect others	Be useful Need to give
DUTY	Obligated Obey Be devoted	Do the right thing Have a task Have a cause	Satisfy others	Follow Prove self
BE FREE	Unrestricted Autonomous Liberated	Privileged Sovereign	Immune Not obligated	Independent Self-reliant
HONESTY	Forthrightness Loyalty Tell all	Uprightness Frankness	No lying No censoring	Sincerity No secrets
ORDER	Perfection Checklists Regulated	Symmetry Unvarying	Consistent Proper	Sequential Literal-ness
PEACE	Quietness Stillness Steadiness	Calmness Balance	Unity Agreements	Reconciliation Respite
POWER	Authority Strength Influence	Capacity Might	Results Stamina	Omnipotence Prerogative
RECOGNITION	Be noticed Get credit Celebrated	Be remembered Acclaim	Be known for Heeded	Regarded well Seen

SAFETY	Security Deliberate Guarded	Protected Vigilant	Stable Cautious	Fully informed Alert
WORK	Career Make it happen Industriousness	Performance	Vocation At task Be busy	Press, push Responsibility

STEP 3: CREATE A SYSTEM TO GET YOUR NEEDS MET

Now that you have your personal needs identified, you will want to design a way to have them all met, permanently. This satisfaction system has three parts, as described below:

Establishing Boundaries

A boundary is a line you draw all around you that permits only the behaviors of others, which are acceptable and nourishing to you. You may set a boundary of not allowing anyone to hit you, yell at you, be critical of you, take advantage of you, not show affection, call you only when they need something, interrupt you when you are working etc. You may be permitting these behaviors now for some pretty good reasons. But there are no excuses or reasons to let anyone do anything to you that hurts you, distracts you, uses you or commands your attention. You will want to establish a boundary, which is **MUCH MORE THAN YOU ACTUALLY NEED**. Be rigorous with yourself on this one. You cannot get your needs met if you are unwilling to set significant boundaries, so no excuses, okay? **BE SELFISH ON THIS ONE!**

When you set a boundary, you are protecting your heart, soul and what we call Self. So, you cannot be your Self without the protection provided by strong, healthy boundaries. The people who really care about you will honor these boundaries, and will care for you more. But give everyone time to get used to them.

Getting A Selfish Automatic Sprinkler System

Once boundaries are identified and installed, the next step is to design what we call a Selfish Automatic Sprinkler System, or SASS. A SASS is just what the term implies. You want your need to be satisfied (watered) whether you're thinking about it or not (automatic). This takes a little creative work to put together - your Professional Coach has experience with this one and is a good person with whom to brainstorm.

SASS examples include: getting friends to satisfy your need by saying or doing specific things YOU have designed for them to do, like calling you, including you, doing things for you (that YOU asked for), telling you how they appreciate you, etc. You will want to be shameless in this process of designing and implementing a SASS. It is good to tell the people around you how they can satisfy your needs. And remember, it is only temporary, because when done properly, these needs vanish.

Raising Your Personal Standards

After you have started on boundaries and your SASS, begin to substantially raise your Personal Standards. PS's are the behaviors you hold your Self to - to become a bigger person. Examples of PS's range from the obvious to the advanced: • Don't steal • Always tell the truth • Speak straight • Be unconditionally constructive • Be responsible for how you are heard, not what you say • Not smoke or abuse your body • Be early, always; avoid all adrenaline rushes

Set PS's which are a stretch, but not ones, which will cause you to fail. You will have plenty of time to upgrade them with the extra energy you receive as your needs become met.

NeedLess Program Checklist

Use this checklist to guide yourself through the program. Fill in the circle when you have started on the step. Fill in the square when you have completed the step. Fill in the appropriate box on the Checklist above when you have completed the step. Work these 25 steps in order.

Do this process for EACH of the four needs you've chosen as personal needs.

- ☐ ☐ 1. Select the personal needs, using the procedure described in Phase 1. Write in the needs at the top of the chart on the first page of this program.
- ☐ ☐ 2. Ask yourself "Why is this need important enough to me to be a Personal Need?" Write down five specific reasons on a sheet of paper.
- ☐ ☐ 3. Ask "Who am I when I get this need met? How do I act? What do I think about? What motivates me? Write down five specific examples on a piece of paper.
- ☐ ☐ 4. Ask "Who am I ~~when~~ when I don't get this need met? How do I behave? How do I feel about myself? About others? About life? Write down five specific responses on a piece of paper.
- ☐ ☐ 5. Ask "How well am I getting this need met? What am I doing in my life that permits this need to be satisfied to the point of it vanishing?" Write down five specific ways that you are currently satisfying this need.
- ☐ ☐ 6. Ask "Where am I not getting this need met? What I am doing that restricts, dishonors or does not give this need the room and nourishment it requires and deserves?" Write down five specific things you are doing which don't serve your needs.
- ☐ ☐ 7. Ask "What three changes would I make in my life in order to fully meet and satisfy this need?" Write down the three specific (and probably large) changes to make in the next 90 days. Examples of changes:
 - change jobs • face & handle something tough • stop smoking • start fully communicating • let go of duties • get special training • let go of the future • let go of draining people
- ☐ ☐ 8. Make change #1 - permanently.
- ☐ ☐ 9. Make change #2 - permanently.
- ☐ ☐ 10. Make change #3 - permanently.
- ☐ ☐ 11. Ask "What are the three boundaries I can install to protect myself so that this need has a chance of getting met? What do I no longer permit others (or situations) to do to or with me?" List these on paper.
- ☐ ☐ 12. Install each of these three boundaries to a degree greater than you need.
- ☐ ☐ 13. Ask "What are the three things that people must do FOR me to satisfy this need?" (SASS) Write these down on a piece of paper.
- ☐ ☐ 14. Arrange for SASS 1.

- ☐ ☐ 15. Arrange for SASS 2.
- ☐ ☐ 16. Arrange for SASS 3.
- ☐ ☐ 17. Ask "What are the three High Personal Standards which I must honor in order for this need to vanish?" List these on paper.
- ☐ ☐ 18. Honor High Personal Standard #1.
- ☐ ☐ 19. Honor High Personal Standard #2.
- ☐ ☐ 20. Honor High Personal Standard #3.
- ☐ ☐ 21. Ask "What must I now upgrade in my life to have this need fully satisfied forever? Come up with three substantial changes.
- ☐ ☐ 22. Make these changes.
- ☐ ☐ 23. Eliminate any residue or clean up anything left from this process.
- ☐ ☐ 24. Share this process with a friend and help them get started with it.
- ☐ ☐ 25. Throw a party to celebrate your new life.

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