Reflection on Needs and Time-Use

Needs

Subsistence

Protection

Affection

Understanding

Participation

Leisure

Creation

Identity

Freedom

Spirituality

Activity

(start time)

5 AM _____

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 Noon _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

8 PM _____

9 PM _____

10 PM _____

11 PM _____

Midnight _____

Step 1: Familiarize Yourself with Max-Neef's Needs

This exercise aims to help you identify how your use of time helps you to satisfy your fundamental human needs (as theorized by Manfred Max-Neef). Rather than suggesting a hierarchy like Maslow, Max-Neef suggested a matrix of "equal" needs with the following needs:

Subsistence	Feed, procreate, rest, work
Protection	Cooperate, prevent, plan, take care of cure, help
Affection	Make love, caress, express emotions, share, take care of, cultivate, appreciate
Understanding	Investigate, study, experiment, educate, analyze, meditate
Participation	Become affiliated, cooperate, propose, share, dissent, obey, interact, express opinions
Leisure	Day dream, dream, recall old times, remember, relax, have fun, play
Creation	Work, invent, build, design, compose, interpret
Identity	Commit oneself, integrate oneself, confront, decide on, get to know oneself, recognize oneself, actualize oneself, grow
Freedom	Dissent, choose, be different, run risks, develop awareness, commit oneself, disobey
Spirituality	Experience inner peace, transcendence, meditation

Step 2: Day Reconstruction Method

This exercise involves reconstructing your most recent day and mapping it to the self-aspects you've identified.
- Think about your most recent day as a series of scenes or episodes from a film
- Give each episode (activity) a brief name and record it approximately when the activity started. Circle the entire activity (even if it spans more than one hour).
- Link these activities to the needs satisfied. Some activities might relate to more than one need. Draw a link from the activity to any need that was "satisfied" during that activity. This will visually represent your time use across different needs.

Step 3: Observe and Reflect

Take a look at your network and observe how your day is divided among your needs. Are there any unsatisfied needs? Over-satisfied needs?

Questions to consider:
- What activities satisfied the most needs? How about the least?
- Are there needs that I wish I could devote more time to? Which ones? Why?
- How could I modify these activities to promote more need satisfaction?
- Is this a representative day for me? What would my network look like if I tracked data for a week?
- What was difficult for me about doing this exercise?
- Does this suggest any change I might like to make in how I spend my time?