**List of Human Needs**

**Physical Needs** Air Food Water Shelter Movement Rest Sleep Expressing one's sexuality Touch Physical safety Contact with oneself Authenticity Challenges Learning Clarity Awareness Competence Creativity Self-development / growth Self-expression Sense of worth Self-acceptance Self-respect Achievement Privacy Meaning Sense of agency and influence over one's life Wholeness / unity Coherence Development Stimulation, excitement Trust Celebrating fulfilled needs, dreams, plans and mourning unmet ones Purpose Joys of life Playfulness Humor Delight Ease Adventure Diversity / variety Inspiration Simplicity Physical/emotional well-being Comfort / convenience Hope Autonomy Choosing one's own plans, goals, and dreams, values Choosing one's own path to their realization Freedom Space Spontaneity Independence **Relationship with Others** Contributing to enriching life Feedback, whether our actions have contributed to enriching life Belonging Support Community Contact with others Company Closeness Sharing: sorrows and joys; talents and abilities Bonds Attention, being taken into account Emotional safety Honesty Empathy Interdependence Respect Equal opportunities Being seen Understanding and being understood Trust Warmth Encouragement Love Intimacy Group strength Cooperation Reciprocity

**Relationship with the World** Beauty Contact with nature Harmony Order Coherence Peace

**Monday** At this moment, I feel...................... because I need....................................... **Tuesday** At this moment, I feel...................... because I need....................................... **Wednesday** At this moment, I feel...................... because I need....................................... **Thursday** At this moment, I feel...................... because I need.......................................

**Friday** At this moment, I feel...................... because I need.......................................