



Human Needs List

PHYSICAL NEEDS

Air/Food/water
Comfort, Ease
Consistency
Health, Nutrition
Movement
Privacy
Rest/Relaxation
Safety, Security
Shelter

MENTAL NEEDS

Awareness
Clarity Direction
Discernment
Information
Reflection
Stimulation
Challenge

INTEGRITY

Authenticity
Contribution
Effectiveness
Progress
Honesty
Humbleness
Self-reflection
Self-worth
Sincerity

NATURAL ENERGY

Beauty
Equality
Inspiration
Mutuality
Nature
Order
Peace
Predictability
Purpose
Spirituality

INTER-DEPENDENCE

Acceptance
Appreciation
Belonging
Clarity
Closeness
Community
Compassion
Connection
Consideration
Cooperation

CREATIVITY

Creating
Generating
Growth
Learning
Mastery
Meaning
Play, Fun
Laughter

CELEBRATE BEGINNINGS

Ceremony,
Ritual
Delight
Enjoyment
Excitement
Healing
Hope
Humor
Passion

MOURN ENDINGS

Accept learning
Accept limitations
Acknowledge regrets
Grieve (*dreams unfulfilled*)
Mourn (*lost relationships*)

EMPOWERMENT

Autonomy
Choice
Co-creation
Collaboration
Discipline
Freedom
Individuality
Solitude

Empathy
Harmony
Inclusion
Intimacy
Love
Respect
Support
Trust
Understanding
Warmth