



## SIX HUMAN NEEDS

In life, there are six, core human needs that we're all looking to fulfill. These aren't desires, these are fundamental needs that all human beings care about. At any given time, we can fluctuate between which needs we make more important, but, there is always one or two that tend to run the show. **Read through each of the six human needs below, and star the two that you would say are most important to you.**

1. **Certainty or Comfort:** This is the most fundamental of all human needs. This is about being sure that you're safe, secure and taken care of. It's about being able to feel stable, and trust the outcome based on previous results. Certainty creates peace of mind.
2. **Uncertainty or Variety:** This is the need for stimulus and change. It's the need to shake things up or experience something different. It could mean diversity or being challenge. Uncertainty creates excitement and something to look forward to.
3. **Significance:** This is the need to be needed. It's about the need to feel recognized and worthy of attention. It's the need to feel unique in some way and to have a sense of meaning in our lives; to feel seen and heard.
4. **Connection or Love:** This is the need to love and to be loved. It's about feeling connected to others and having a sense of belonging. Connection is about feeling intimate bonds with others.
5. **Growth:** We all must grow, it's a law of life. When we grow, we're happy because growth equals life. This is the need to develop and expand who we are, and to always be evolving.
6. **Contribution:** It's a law of life that EVERYTHING has a purpose; therefore, this need is about fulfilling your purpose and living your life as a contribution in some way. It's about using your gifts, talents and life itself to serve a greater good or higher purpose.

**\*Star the TWO needs that you would say you operate from MOST, then proceed to the questions on the next page.**

**1. Why do I operate from these two needs? Where do they come from?** Example: (Top need being Significance)

I operate from significance because I feel like when I get attention, I matter. It comes from being a middle child- everyone else got attention but me.

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**2. What actions do I take to get these two needs met (positive and negative)?** Example: (Top need being Significance)

I post pictures on social media that I know will get attention; I start fights with my partner, I do nice things for people, etc.

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**3. Which needs would you like to spend more time operating from (if different from your choices above), and WHY?** Example: I would like to move into Contribution and Growth. I feel like my life would carry more meaning, etc.

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**4. What actions can you take to move further into the desired needs?** Example: I could add more growth opportunities like reading and workshops into my schedule. I could volunteer or mentor someone who needs my support.

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**Your Step of Greatness:** Today, notice how your top two needs that you've been operating from play out in your life. Notice what actions you take to get these needs met. If you can, take a new action to redirect into one of your desired needs.