

## WHAT ARE MY NEEDS (to be my best self)?

air/food/water  
shelter  
safety/security  
rest/relaxation  
consistency/predictability  
health touch  
independence  
choice  
individuality  
self-empowerment  
solitude  
freedom  
(emotional, spiritual and physical)  
creativity  
growth  
healing  
learning/mastery  
meaning  
teaching  
to create/generate  
beauty  
harmony/peace  
order  
grace  
inspiration  
being/beingness  
equality  
mutuality  
ease/flow  
bonding  
caring  
comfort  
tenderness  
touch  
warmth  
self-worth  
authenticity (true to oneself)  
respect  
self-respect  
purpose/meaning  
vision/dreams  
honesty  
effectiveness

aliveness  
delight  
excitement  
humor  
intensity  
passion  
play  
pleasure  
stimulation  
mourning loved ones  
grieving visions and dreams unfulfilled  
cycles of birth and death  
mourning our limitations  
stimulation/challenge  
clarity to understand  
comprehension  
information  
awareness  
reflection  
discrimination (distinguish)  
acceptance  
acknowledgement  
appreciation  
closeness  
community  
compassion  
connection  
consideration  
cooperation  
empathy  
inclusion  
intimacy  
love  
recognition  
respect  
support  
trust  
shared understanding  
warmth  
contribution to the enrichment of life  
honesty (the empowering honesty that allows us to learn from our limitations)

