

## Some Basic Needs We All Have

### **Belonging**

Community  
Inclusion

### **Beauty**

Creativity  
Inspiration  
Self-expression

### **Celebration**

Mourning

### **Connection**

Companionship  
Empathy  
Harmony  
Interdependence  
Intimacy  
Love  
Mutuality  
Support  
Understanding

### **Effectiveness**

Challenge  
Competence  
Growth  
Learning  
Mastery  
Stimulation

### **Freedom**

Autonomy  
Choices  
Power with  
Spontaneity

### **Integrity**

Authenticity  
Clarity  
Honesty  
Trust

### **Joy**

Ease  
Fun  
Play

### **Meaning**

Contribution  
Purpose  
To matter  
To serve Life

### **Physical Needs**

### **Well-being**

Nurturing  
Order  
Peace  
Safety  
Security  
Stability