

UNIVERSAL HUMAN NEEDS/VALUES

The needs below are grouped into 3 meta-categories and 9 subcategories of core needs

WELL BEING

(peace)

Sustenance

balance
exercise, movement
food, water, air
health
nourishment
nutrition
rest, recreation
rejuvenation
sleep
touch
warmth
wellness
vitality, energy, aliveness

Safety

comfort
confidence
protection from harm
relaxation
security
shelter
trust

Order

beauty
calm, ease
equanimity
flow
focus
harmony
interdependence
predictability
simplicity
serenity
stability
structure
tranquility
wholeness
wonder

CONNECTION

(love)

Care

affection
closeness
dignity, intimacy
equality
esteem, positive regard
generosity
kindness
mattering, importance
nurturing
support, help
respect, honoring
valuing, prizing

Understanding

awareness
acceptance
acknowledgment
communication
compassion
consideration
empathy
openness
presence
recognition
receptivity
sensitivity

Community

belonging
companionship
fellowship
generosity
inclusion
home
hospitality, welcoming
mutuality, reciprocity
partnership
participation
solidarity

SELF-EXPRESSION

(joy)

Freedom

adventure
actualization
autonomy
choice
creativity, innovation
growth, challenge
humor
independence
play, fun
spontaneity

Honesty

authenticity
clarity
confidence
consistency
congruence
dependability
integrity
power, empowerment
presence
reliability
trust

Meaning

achievement
appreciation, gratitude
celebration, mourning
collaboration, team work
contribution
cooperation
discovery
efficacy, effectiveness
excellence, mastery, skill
inspiration
learning
passion
purpose
vision
wisdom