

# The principal needs

(The driving forces behind our fulfillment)

## Survival

- Shelter
- Warmth
- Elimination
- Light
- Movement
- Food, Water
- Oxygen
- Rest
- Reproduction (survival of the species)

## Safety

- Calm
- Confidence
- Balance/fairness
- Harmony
- Order
- Peace
- Saving time/energy
- Protection
- Comfort
- Respecting my own rhythm

## Relations

- Feeling welcomed
- Love
- Belonging
- Appreciation
- Attention
- Kindness
- Human warmth
- Connection
- Communication
- Communion
- Contact
- Consideration
- Listening
- Empathy
- Sexual expression
- Honesty, sincerity
- Intimacy
- Sharing
- Closeness
- Reciprocity
- Tenderness
- Touching

## Integrity

- Self-affirmation
- Authenticity
- Choice
- Coherence (with my values)
- Confidence
- Respect

## Participation

- Co-creation
- Cooperation
- Contributing to others' wellbeing
- Dialogue
- Support

## Recreation

- Unwinding
- Relaxation
- Play, fun
- Refreshment
- Laughter

## Self-actualization

- Learning
- Beauty
- Choosing my projects, values, dreams...
- Creating things
- Discovering
- Inspiration
- Hope
- Developing
- Exploring my potential
- Expressing myself

## Meaning

- Clarity
- Coherence
- Understanding
- Discernment
- Transcendence (connecting with something bigger than myself)

## Celebration

- Appreciation
- Sharing joy and pain
- Mourning (someone close, a dream, an opportunity)
- Gratitude

## Freedom

- Autonomy
- Expression
- Free will
- Sovereignty