

Needs Inventory

Physical well being

Air, food,
movement/exercise,
rest/sleep, sexual
expression, safety,
shelter, touch, water

Autonomy

Choice,
freedom,
independence,
space,
spontaneity

Play

Joy,
humour

Meaning

Awareness, celebration of
life, challenge, clarity,
competence, consciousness,
contribution, creativity,
discovery, efficiency,
effectiveness, growth, hope,
learning, mourning,
participation, purpose, self-
expression, stimulation, to
matter, understanding

Connection

Acceptance, affection,
appreciation, belonging,
cooperation, communication,
closeness, community,
companionship, compassion,
consideration, consistency,
empathy, inclusion, intimacy, love,
mutuality, nurturing, respect/self
respect, safety, security, support,
to know and be known, to see and
be seen, to understand and be
understood, trust, warmth

Peace

Beauty,
communion,
ease, equality,
harmony,
inspiration, order

Honesty

Authenticity,
integrity,
presence