

What do you need?



Your Six Human Needs

Contemplate the six human needs in your life.

Certainty – to feel safe and avoid pain

Variety – the need for newness to feel alive

Significance – the need to feel that we matter

Love & Connection – to give and receive love, and to be a part of a community

Growth – to learn and expand

Contribution – to help others fulfill their needs

Score, on a scale of 1 to 10 how well each of your needs is being met.

Which needs are best met (Score 7 or higher)?

What are you doing to meet those needs?

Are all of your ways positive?

Are there any negative ways you're meeting those needs?

Note: It's okay if none of your needs are being met at a high level – that's in part what you're in this course for!

What's not working yet.

Which needs have the lowest scores?

What are you doing to meet those needs?

Are all of your ways positive?

Are there any negative ways you're meeting those needs?

What would have to happen for you to feel that those needs are being met at a level 8 or 10?

Are your expectations realistic?

For example: If, to feel significant, you need all of your work colleagues to acknowledge your accomplishments in writing...

Is there another way you could feel significant without external validation?

Or: If, to feel certainty, you need to know you'll succeed before you begin any project...

Is there a way you could change the way you look at the project – perhaps as an exploration, rather than a quest for a specific outcome.

What's important?

Which 2 needs did the 6 Human Needs test show to be the most important at this time in your life?

Why do you think they're the most important?

What small steps can you take immediately to begin to better fulfill those needs?