



BASIC HUMAN NEEDS

ASSESS YOUR LIFE AGAINST THE 6
BASIC HUMAN NEEDS, IDENTIFYING
AREAS FOR DEVELOPMENT.

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A note from your coach...

You have a duty to understand yourself as much as you possibly can. It's also crucial to understand which of your basic human needs are being met. Often my clients will share with me the fantastic lives they have lived and are living. Having completed their Wheel of Life they will score themselves highly in the majority of areas, not identifying any of the specified areas as lacking. That's the reason I've included the Basic Human Needs activity in your workbook. It is this activity which will often identify the cause of discomfort many are facing outside of the specific areas of their life.

I have listed the 6 Basic Human Needs below and I'd like you to consider which of these are currently being met in your life and which you'd like to work on.

CERTAINTY

First of all, we need certainty in our lives. When we are certain about how things work and how others behave we can predict what will happen in the future and so feel safe. When we are certain about others, we can trust them. When we feel safe, we can relax and reduce our constant scanning for threats.

UNCERTAINTY

While certainty is important, too much is boring. We also want stimulation and novelty to add interest and fun to our lives. This is why people try new things, take risks and gamble, even when they do not need to do so.

SIGNIFICANCE

We need meaning in our lives and want our lives to have purpose and direction. We want to be important and for others to look up to us. We may gain this in many different ways, from becoming well-qualified to being friendly and helping others.

CONNECTION

Without company, we easily get lonely. We are social animals and connecting with other people is important for us. In this way, we bond with others as we form friends and extend our sense of who we are. Just as uncertainty balances certainty, so outer connection with others balances the inner need for significance of the self.

GROWTH

Beyond fulfilling the previous needs, we want to learn and become more than we are. For this purpose we study and want to develop our careers. As a higher need, we can live without it and some people seek little in way of growth, while others are highly motivated to make something more of themselves.

CONTRIBUTION

Combining growth and connection, contribution takes into account other people and the world at large. If we are active in contributing to other individuals and groups, rather than just 'belonging', we increase our connection with them and it feel good as our sense of identity is expanded.

Score each human need out of 10, where 10 means this need is being completely met with no need for improvement.

CERTAINTY	
UNCERTAINTY/ VARIETY	
SIGNIFICANCE	
CONNECTION/LOVE	
GROWTH	
CONTRIBUTION	



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