

UNIVERSAL HUMAN NEEDS & VALUES

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

WELLBEING

SAFETY

confidence
comfort
consistency
courage
equanimity
order
predictability
protection from harm
security
stability
shelter
trust, reliability

HEALTH

abundance
balance, exercise, movement
flexibility
food, water, air, shelter
nutrition, nourishment
prosperity, richness
simplicity
sleep
sustainability
wellness

PEACE

beauty
calm
ease, flow
energy, vitality
enthusiasm
exuberance
fun, joy, happiness
harmony
humor
play
recreation
rejuvenation
rest, relaxation
tranquility, serenity

CONNECTION

CARE

acceptance, affection
appreciation
fairness, justice
generosity
intimacy, closeness
kindness
love
mattering, importance
nurturing
unconditional pos. regard
valuing, prizing, dignity
warmth, touch

EMPATHY

awareness
acknowledgment
communication
compassion
consideration
presence
recognition
receptivity
seeing, being seen
sensitivity
understanding

COMMUNITY

belonging
companionship
collaboration, cooperation
friendship, fellowship
help, support
inclusion, equality
independence
home
hospitality, welcoming
mutuality, reciprocity
partnership
team
synergy

SELF-EXPRESSION

FREEDOM

adventure
self-actualization
aliveness
autonomy, choice
courage
creativity
fun
growth
independence
innovation
joy, happiness
spontaneity
wonder, creativity

HONESTY

authenticity
congruence
dependability
integrity, trust
openness
power, empowerment
presence
realness
reliability
respect, honoring

MEANING

achievement, success
appreciation, gratitude
celebration, mourning
challenge
contribution
efficacy, effectiveness
excellence, mastery, skill
inspiration, learning, focus
passion, commitment
purpose
structure, discipline
vision, clarity
wisdom