

Life needs

Help sheet for the coach: "Questions about the 26 needs".

Basic needs

1 Food and drink

Do you have enough food and drink?

2 Sleep and rest

Do you have enough sleep and rest?

3 Health and hygiene Are you healthy? Can you wash yourself?

Need for security

4 Home

Do you have a home? Do you have a place to sleep?

5 Money/income - insurance - savings

Do you have enough money? Do you have an income?

Are you insured enough?

Do you have some savings?

6 Work and/or household

Do you have a job?

7 Safety

Do you feel safe?

8 Perspective

How do you look to the future? Do you know what you will do in the future?

Need for belonging - acceptance

9 Partner and/or children

Do you have a family?

Do you have a partner?

Do you have children?

10 Family

Do you have a family? Mother or father, brother or sister, ...

11 Friends

Do you have friends?

12 Colleagues

Do you have colleagues?

13 Social contacts

Do you have any other contacts? Neighbors?

14 Culture - tradition

Do you have another culture?

Do you belong to the community?

15 Religion Are you religious?

Are you part of the community?

16 Being myself

Where can you be who you are?

Need for recognition

17 Respect from others

Does someone sometimes tell you that you are doing well? Is that important to you?

18 Status - reputation

Do you value your honor?

Do you like to have a good name?

19 Support

Do you get support from others?

Need for Self-fulfilment

20 Honor and Principles

Is your honor important to you?

21 Learning and Growing

Can you learn enough?

22 Day-to-day activities/ free time

What do you like to do when you are not working?

Do you have a hobby?

23 Being independent - freedom

Are you independent?

Do you feel free?

24 Taking initiative/responsibility

Do you sometimes start something new yourself?

25 Contributing/helping others

Can you help others well?

Do you offer support to other people?

26 Diploma/ certificates - education

Do you go to school? Do you have a diploma?