

My life needs

Basic needs



1 food and drink

Basic needs



2 sleep and rest

Basic needs



3 health and hygiene

Need for security



4 home

Need for security



5 money/income insurance - savings

Need for security



6 work and/or household

Need for security



7 security

Need for security



8 perspective

Need for belonging/ acceptance



9 partner and/or children

Need for belonging/ acceptance



10 family

Need for belonging/ acceptance



11 friends

Need for belonging/ acceptance



12 colleagues

My life needs

Need for belonging/
acceptance



13 social contacts

Need for belonging/
acceptance



14 culture - tradition

Need for belonging/
acceptance



15 religion

Need for belonging/
acceptance



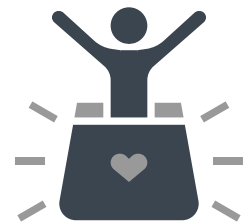
16 being myself

Need for recognition



17 appreciation/ recognition/
respect from others

Need for recognition



18 status, reputation

Need for recognition



19 support

Need for self-fulfillment



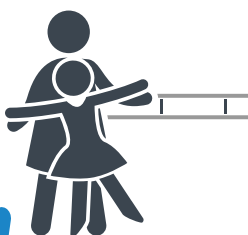
20 honor and principles

Need for self-fulfillment



21 learning and growing

Need for self-fulfillment



22 daily activities/ free time

Need for self-fulfillment



23 being independent/freedom

Need for self-fulfillment



24 take initiative/
responsibility

My life needs

Need for self-fulfillment



25 contribution to / involvement in something or someone

Need for self-fulfillment



26 diploma/ certificates training

Empty box for notes.

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My life needs

