Universal Human Needs

- **WELL BEING**
  - balance
  - exercise
  - Movement
  - food, water, air
  - health
  - mourning
  - nourishment
  - nutrition
  - rest, recreation
  - rejuvenation
  - sleep
  - touch
  - warmth
  - wellness
  - vitality, energy
  - aliveness

- **SUSTANENCE**

- **CONNECTION**
  - CARE
  - affection
  - closeness
  - dignity, intimacy
  - equality
  - esteem, positive regard
  - generosity
  - kindness
  - mattering, importance
  - nurturing
  - support, help
  - respect, honoring
  - valuing, prizing

- **SELF EXPRESSION**
  - FREEDOM
  - adventure
  - actualization
  - autonomy
  - choice
  - creativity, innovation
  - growth, challenge
  - humor
  - independence
  - play, fun
  - spontaneity

- **HONESTY**
  - authenticity
  - clarity
  - confidence
  - consistency
  - compatibility
  - dependability
  - integrity
  - power, empowerment
  - presence
  - reliability
  - trust

- **UNDERSTANDING**
  - awareness
  - acceptance
  - acknowledgement
  - communication
  - compassion
  - consideration
  - empathy
  - openness
  - presence
  - recognition
  - receptivity
  - sensitivity

- **MEANING**
  - achievement
  - aliveness
  - appreciation, gratitude
  - celebration, mourning
  - collaboration, team work
  - completion
  - consciousness
  - contribution
  - cooperation
  - discovery
  - efficacy, effectiveness
  - excellence, mastery, skill
  - exploration
  - inspiration
  - integration
  - learning
  - passion
  - purpose
  - vision
  - wisdom

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### Universal Human Needs-Continued

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<th>CONNECTION</th>
<th>SELF EXPRESSION</th>
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