

# What matters to *everyone* (“human needs”)

## *Within myself*

Acknowledgment

Challenges

Competence

Creativity

Knowing our gifts and talents

Privacy

Self-expression

Self-worth

To understand (clarity)

To make sense of the world

To make sense to myself



## *Physical Wellbeing*

Air/Sun/Food/Water

Health

Movement

Rest/sleep

Shelter

Touch

Feel good in body



## *With others*

Belonging

Friendship

To be heard & seen

To be understood

Honesty

Teamwork & participation

Kindness

Respect

Consideration

Sharing our gifts and talents

Appreciation

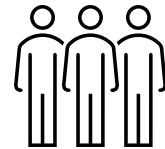
Support

To matter to someone

Trust

Warmth

To be myself (authenticity)



## *Rest and Play*

Enjoyment

Fun

Play

Learning

Choices

Rest

