



### PLAYFULNESS

*adventure  
creativity  
expression  
flow  
fun  
humor/laughter  
lightness  
spontaneity*

### CELEBRATION & MOURNING

***celebrating:*** *taking time to connect with needs that are met*  
***mourning:*** *taking time to connect with needs not met*

### CHOICE/FREEDOM

*autonomy  
choosing your own goals/values  
finding your own way  
making your own plans  
space/time*

### MEANING/PURPOSE

*awareness  
balance/stability  
beauty  
completion  
effectiveness  
efficiency  
inspiration  
order/structure  
peace/harmony  
presence  
simplicity  
spirituality  
wholeness*

### CARE/ CONSIDERATION

*acceptance  
acknowledgement  
appreciation  
emotional safety  
empathy  
kindness  
reassurance  
respect/understanding  
to be heard/seen  
to matter  
trust*

### LEARNING

*capability  
clarity  
closure  
competence  
concentration  
discovery  
evolution  
focus  
growth  
integration  
understanding*

### SELF-CARE

*inner peace  
inner strength  
self-acceptance  
self-appreciation  
self-awareness  
self-empathy*

### CLOSENESS/ CONNECTION

*belonging/inclusion  
community  
equality/mutuality  
friendship  
participation  
support/help  
togetherness*

### PHYSICAL WELLBEING

*air/food/water  
ease  
health  
intimacy/touch  
movement/exercise  
physical safety  
protection  
rest/relaxation  
sexual expression  
shelter/warmth*

### CONTRIBUTION TO LIFE

*enriching life  
giving and receiving  
sharing/exchange  
collaboration  
cooperation  
contribution*

### INTEGRITY

*authenticity  
consistency/  
continuity  
honesty  
self-expression  
transparency  
trust*

# NEEDS / VALUES