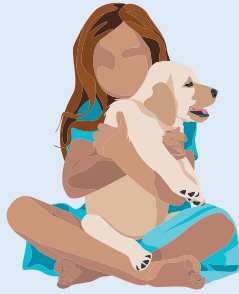


# THE BASIC HUMAN NEEDS



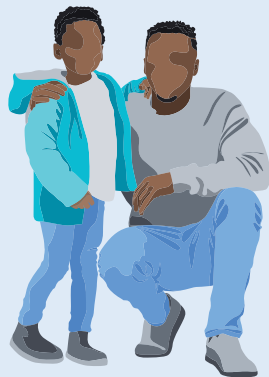
## SURVIVAL

Food  
Shelter  
Clothing  
Warmth  
Rest  
Certainty  
Physical health  
Mental health  
Physical safety  
Psychological safety



## BELONGING

Love  
Respect  
Friendship  
Socialising  
Caring  
Sharing  
Affection  
Connection  
Relatedness



## POWER

Skill  
Self-worth  
Purpose  
Co-operation  
Status  
Recognition  
Success  
Importance  
Achievement  
Championing a cause



## FREEDOM

Independence  
Exploration  
Autonomy  
Decision-making  
Choice  
Spontaneity  
Adventure  
Creativity  
Opportunity  
Self-determination



## FUN

Enjoyment  
Laughter  
Learning  
Playing  
Novelty  
Pleasure  
Humour  
Joy  
Excitement  
Growth and change

