

# Six Human Needs WORKSHEET

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

## Significance

## Certainty / Comfort

## Uncertainty / Variety



## Connection / Love

## Growth

## Contribution

**Significance:** Feeling unique, important, special or needed

**Certainty / Comfort:** Assurance you can avoid pain and gain pleasure

**Uncertainty / Variety:** The need for the unknown, change, new stimuli

**Connection / Love:** A strong feeling of closeness or union with someone or something

**Growth:** An expansion of capacity, capability or understanding

**Contribution:** A sense of service and focus on helping, giving to and supporting others