

The Table of Human Needs

Type of need	What can I do to have this need fulfilled?	How can I help others to fulfill this need?
SAFETY: Personal security, employment, resources, health, property		
UNDERSTANDING: Knowledge, comprehension, wisdom, mastery		
BODILY: Air, water, food, shelter, clothing, sleep, etc.		
LOVE AND BELONGING: Family, love, friendship, community and closeness		
IDENTITY AND ESTEEM: Respect, recognition, self-esteem, strength		
MEANING AND PURPOSE: Understanding the reason "why" one does everything they do.		
EXCELLENCE: The desire to become the best person one can be.		