

The Table of Human Needs – Sample Answers

| 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 | <ul style="list-style-type: none">» To study and work hard to find a good job afterwards» Avoid walking alone in dangerous neighborhoods» To save money» To protect my health | <ul style="list-style-type: none">» To give money to the poor» Not to intentionally hurt others» To stand up for those who are being bullied |
| UNDERSTANDING: Knowledge, comprehension, wisdom, mastery | <ul style="list-style-type: none">» To study regularly» To develop useful skills» To always learn new things | <ul style="list-style-type: none">» To help others with studying» To help others in things I am good at» To share things I know with others |
| BODILY: Air, water, food, shelter, clothing, sleep, etc. | <ul style="list-style-type: none">» To eat healthy» To have enough sleep each day» To drink enough water each day | <ul style="list-style-type: none">» To give food to the needy» Not to text my friends during school or too late into the evening» Use water economically» Not waste food |
| LOVE AND BELONGING: Family, love, friendship, community and closeness | <ul style="list-style-type: none">» To be kind to my family» To invest time and care in building friendships» To spend time with people who make me a better person» To cherish my best friend | <ul style="list-style-type: none">» Decide never to spread gossip about friends» Offer listening ear to the friend in need» To spend time with a classmate who does not have many friends |
| IDENTITY AND ESTEEM: Respect, recognition, self-esteem, strength | <ul style="list-style-type: none">» To study hard to perform well in school» To respect myself and others» To practice music, sports, other hobbies» Not to compare myself to others but realize that I'm worthy just by being myself | <ul style="list-style-type: none">» Help a friend who has problems studying» Not to make disrespectful comments about others» To teach others a skill I am good at» Give a compliment to someone that I would like to receive |
| MEANING AND PURPOSE: Understanding the reason "why" one does everything they do. | <ul style="list-style-type: none">» Try always to consider the reason "why" behind the things I do» To consider if the things I'm doing are consistent with my long-term goals | <ul style="list-style-type: none">» To help others recognize if they are doing something without an adequate reason» To help others recognize good things they should be doing, if they are not |
| EXCELLENCE: The desire to become the best person one can be. | <ul style="list-style-type: none">» To develop good habits» To persevere in good things I do» To abandon bad habit» To get up and try again after I fail» To develop my skills and talents» To keep going forward when it's hard» To try to pursue excellence in my life in all of my actions | <ul style="list-style-type: none">» To motivate others to persevere in good decisions despite hardships» To be supportive when someone starts doing something good» To want others to pursue excellence and therefore not to encourage friend's bad habits |