

SAMPLE NEEDS/VALUES

- **Physical Needs:** Air, Water, Shelter, Food, Touch, Movement, Nature
- **Personal Needs:** Autonomy, Expression, Creativity, To be seen, Mastery, Empowerment, Space, Ease, Effectiveness, Stimulation, Aliveness, Honesty, Authenticity, Well-Being, Rest, Integrity, Learning, Growth
- **Interpersonal Needs:** Community, Belonging, Inclusion, Support, Partnership, Companionship, Collaboration, Consideration, Empathy, Reciprocity, Equity, Connection, Closeness, Peace, Shared-Play, Collective Learning (Evolution)
- **Transcendent Needs:** Meaning, Purpose, Love, Contribution, Flow, Beauty, Harmony, Communion, Intimacy, Spiritual Connection



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SAMPLE FEELINGS

- **Feelings (when Needs met):**
 Relaxed, Content, Hopeful,
 Satisfied, Happy, Inspired,
 Amazed, Grateful, Joyful
- **Feelings (when Needs not met):**
 Sad, Longing, Confused, Lonely,
 Hurt, Regretful, Afraid, Upset,
 Overwhelmed, Frustrated,
 Annoyed, Angry



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GIFTS OF MONEY WELCOMED

No one turned away for lack of funds (NOTAFLOF): Giving from a sense of "obligation" is toxic to relationships; and I want to offer the opportunity for you to contribute to my livelihood. Lately, I've attended events where I haven't put money in the basket, and I was grateful for the opportunity to attend anyway. I encourage you to do the same, especially if money is tight -- your presence is also valuable. If you do have resources available, I appreciate receiving money as this is how I support myself. The typical offerings range from \$10 to \$30 per session.

through [PayPal](#) to James.Prieto@gmail.com (as friend?)

[Venmo](#) @Jaime-Prieto-8

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