

PERSONAL WELL-BEING

Adventure
Balance
Clarity
Comfort
Consciousness
Creativity
Ease
Fun
Growth
Healing
Health
Humor
Inspiration
Leisure
Novelty
Order
Play
Predictability
Presence
Regeneration
Rejuvenation
Rest
Self-Expression
Stimulation
Wholeness

HONESTY

Accountability
Acknowledgement
Appreciation
Authenticity
Creativity
Expression
Integrity
To Be Heard
To Be Known
To Be Seen
To Be Understood
Truth

AUTONOMY

Agency
Aliveness
Choice
Competence
Empowerment
Effectiveness
Efficiency
Freedom
Identity
Mastery
Order
Proficiency
Spontaneity

INTERCONNECTED PEACE

Acceptance
Collective Learning
Equity
Forgiveness
Harmony
Restorative Justice
Shared-Trust
Shared-Power
Shared Reality
Transparency

EMPATHY

Appreciation
Celebration
Closeness
Compassion
Connection
Equity
Friendship
Intimacy
Mourning
Mutuality
Mutual-
Understanding
Openness
Reciprocity
Understanding
Wisdom

COMMUNITY

Affection
Belonging
Caring
Collaboration
Communication
Companionship
Consideration
Consistency
Cooperation
Fellowship
Inclusion
Interdependence
Justice
Organization
Participation
Partnership
Reassurance
Security
Shared Creativity
Shared Reality
Shared-Responsibility
Support

PHYSICAL SUSTAINABILITY

Balance
Biodiversity
Consistency
Dissolution
Evolution
Hygiene
Information
Intimacy
Nurturance
Privacy
Procreation
Protection
Resilience
Respect
Safety
Stability
Survival
Sustenance

EMBODIMENT

Aliveness
Clarity
Congruence
Growth
Healing
Inner Trust
Inner Peace
Integrity
Learning
Movement
Pleasure
Presence
Self-Acceptance
Self-Awareness
Self-Care
Self-Connection
Self-Empathy
Self-Expression
Self-Love
Self-Responsibility
Touch

NATURE

Air
Food
Heat
Land
Light
Shelter
Space
Water

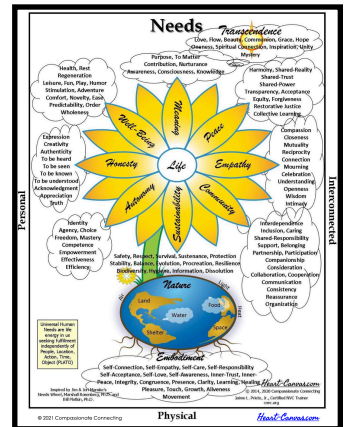
TRANSPERSONAL

Beauty
Communion
Faith
Flow
Grace
Hope
Incendence
Inspiration
Love
Mystery
Oneness
Spiritual Connection
Transcendence
Unity

MEANING

Awareness
Consciousness
Contribution
Knowledge
Nurturance
Purpose
To Matter

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This document is a non-exhaustive Needs list that was expanded from the Center for Nonviolent Communication's "Needs Inventory" & adapted from James Prieto's CompassionateConnecting.com "Earth-Rooted Needs Flower" (above), which was inspired by Jim & Jori Manske's Needs Wheel, Marshall Rosenberg, PhD & Bill Plotkin PhD

Maggie Reed_August 2023