

7 Categories of Universal Human Needs

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Universal human needs are finite, the strategies can adopt to meet needs are infinite.

Autonomy

Choice Dignity Space Freedom
Creativity Integrity Authenticity Self worth
Confidence To set one's own goals, dreams and challenges To be heard
Independence Respect Ease

Beauty

Harmony Inspiration Peace Meaning
Justice Equality Order Structure

Connection

Affection Love Consideration Care Belonging Intimacy
Community Help Trust Contribution Empathy
Closeness Support Warmth Understanding Friendship
Mutuality Cooperation Inclusion

Physical well being

Air Water Food Rest Sleep Shelter Touch Security
Hygiene Movement Exercise Sexual expression Safety

Play

Fun Laughter Spontaneity Excitement Learning Adventure Challenge

Meaning

Celebration of life's joys and successes
Mourning of life's losses and sadness
Ritual Purpose Awe Truth

Growth

Learning Clarity Progress Wholeness To Realise One's Potential