

No list is definitive - this is a suggestion for you to develop a needs vocabulary that makes sense to you:

Well-being

health
movement
nourishment
rest
sustainability

Learning

challenge
competence
development
exploration
integration

Peace

balance
consciousness
flow
presence
stillness

Meaning

contribution
power
purpose/result
spirituality

Creativity

expression
inspiration
passion
play

Celebration

appreciation
beauty
gratitude
joy

Freedom

abundance
choice
independence
integrity
spontaneity

Care

consideration
help/support
respect
trust

Mourning

gratitude
renewal
sharing
vulnerability

Security

consistency
faith
order/structure
protection
safety

Love

affection
compassion
intimacy
recognition
warmth

Community

belonging
companionship
cooperation
equality
inclusion

Honesty

congruency
openness
self-awareness
transparency

Connection

communication
empathy
mutuality
touch

Responsibility

coherence
commitment
participation
strength

Understanding

acceptance
clarity
curiosity
sensitivity